

Spring Parenting Workshop Series

The Parenting Center of the South Orange and Maplewood School District

Stop the Madness – Parenting for Real Success with **Lew Epstein, LCSW**

Do you ever worry about whether your child is experiencing too much pressure?

There is a growing awareness that often, with the very best intentions, parents allow their children to be exposed to too many stressors. In this workshop we will examine & challenge traditional thinking about how we prepare our children for success. We will review current child-expert literature which points to a silent epidemic of stress brought on by over-scheduling, over-testing and relentless pressure to achieve. This workshop will offer parents practical advice and parenting strategies aimed at fostering healthy development and success while protecting the joy and freedom of childhood.

Lew Epstein, LCSW, conducts frequent workshops and seminars on parenting issues. He has a private practice in South Orange and is the author of *Coaching for Fatherhood*.

Monday, March 3rd ~ 7:30 – 9:00 ~ The Parenting Center ~ 525 Academy St ~ Fee: \$5

Parenting Anxious Children with **Nancy Distel, Ph.D & Elaine Jeffries Ph.D**

Is your child being hindered by excessive anxiety? In this workshop parents will learn to distinguish between a “normal” level of anxiety and one that is of concern, how anxiety functions and manifests itself in children, and what responses are helpful and not. Treatment options will also be discussed.

Nancy Distel, Ph.D. and **Elaina Jeffries, Ph.D.** are clinical psychologists and founding partners of Positive Developments, a private group practice in Millburn NJ which offers treatment for adults, children of all ages as well as couples and families. Both Dr. Distel and Dr. Jeffries specialize in the treatment of anxiety in children.

Wednesday March 19 ~ 7:00 - 8:30 ~ The Parenting Center ~ 525 Academy St. ~ Fee: \$5

Boys will Be Boys ...or Maybe Not with **Mark S. Lowenthal, Psy.D.**

In this workshop, we will identify the social and emotional challenges that boys encounter at school, at home and on the playground. We will explore the wide spectrum of *normal boy development*, as well as some of the potentially harmful assumptions and attitudes we've developed toward young boyhood over the last few decades. We will look at more sensitive boys as well as some of the best ways to keep an angry boy or teen talking. This workshop will offer practical strategies so that parents can successfully understand and communicate with their sons and help them grow into healthy and smart young men.

Mark Lowenthal, Psy.D. has worked with many adults, adolescents, children and families during his 24 years as a clinical psychologist in private practice in Maplewood. He is the co-author of *Smart Parenting for Smart Kids: Nurturing Your Child's True Potential* (Jossey-Bass/Wiley).

Tuesday, April 1st ~ 7:30 – 9:00 ~ The Parenting Center ~ 525 Academy St. ~ Fee: \$5

Helping your Child with Separation & Divorce ***with Laura Prato, LCSW***

This workshop will focus on helping your child stay together while everything seems to be falling apart. We will examine how children of different ages experience marital separations and then present the ways that separating partners can best help them through this crisis and its aftermath. We will explore the best ways to talk to children about this and what reactions to expect. How to avoid the most common pitfalls and when to seek professional help will also be examined.

Laura Prato, LCSW has extensive experience working with families and leading parenting groups. She is a social worker in the Special Education Department at Columbia High School.

Wed April 9th ~ 7:30 – 9:00 ~ The Parenting Center ~ 525 Academy St, ~ Fee: \$5

Application Form

**The Parenting Center • Administration Building • 525 Academy Street • Maplewood, NJ • 973- 762-5600
x1850**

Name: _____ **Address** _____

Tel: _____ **Cell:** _____

e-mail: _____

Workshop(s): _____

Child's school _____

Please make check payable to SOMSD - The Parenting Center. Enrollment is limited, if the workshop you apply for is filled, your application and fee will be returned. Applications can be mailed to or dropped off at The Parenting Center 525 Academy St. - Maplewood, NJ 07040. Applications can also be dropped off at the social work intern's mail box in the office of your child's elementary school or the Guidance Department of your child's Middle School.