

Parenting Presentations & Resource Fair

Presented by: Hartland Consolidated Schools
and Wake Up Livingston



This workshop is **FREE** and designed for **parents with K-12 students**. The sessions included will provide parents the opportunity to get informed, connected and network with others. **“Staying a step ahead can prevent a crisis ahead”**. This Workshop will help parents better understand, communicate, and stay connected with their child/teen. Participants will be able to attend 3 breakout sessions of their choice from the below list Each session will last approximately 35 minutes. There will also be a Resource Fair set up in the commons where parents can walk through and learn more about the resources available in the community. Parents will be able to learn how to connect with local agencies and businesses that directly work with families and their youth to promote healthy children/teens and families.

The BIG RED barrel will also be available to dispose of old and unused prescriptions.



Available Sessions:

How to Protect your Child/Teen on Social Media- Learn the Hidden Dangers and protecting our teen/child from cyberbullying. Presented by: Detective Matthew Shutes

Positive Parenting for Your Family - Family structure has changed dramatically over the past 50 years. Learn how to communicate effectively with your teen/child. Take away tips and tools to connect. Learn how to parent positively for a healthy development in your child/teen. Presented by: Kris Nelson M.Ed, LMSW CPS

Helping Children and Teens Manage Stress, Worries and Anxiety- Learn tools and strategies to help your child/teen with daily stress. Presented by: Katelyn Reed MS

Demystifying Sex Education- How to Talk Effectively to Your Kids About Sex & Sexuality- For generations the topic of sex education has been one that makes many parents shudder. This workshop will help parents by offering specific strategies to use when communicating with your children. A developmental timeline will be presented to identify what to talk about and at what age. This important topic is essential in preparing your child for a life of positive self image, self respect, good decision-making and a deeper understanding of your family values. Presented by: Tianna Rooney Ph.D LMFT.

Talking to Your Kids about Drugs and Alcohol and the Latest Trends- You are the crucial element in prevention. It is never too early to start the conversation. Come and learn the tips and tools when speaking to your child/teen. Presented by: Francine Zysk District Court Administrator

If you have any questions please contact Nicole Schingeck : nicoleschingeck@hartlandschools.us or call 810-626-2234.
Or Krystal Moore at Kmoore51@emich.edu

**Date: Wednesday November
1st**

Time: 6:00-8:30

**Location: Hartland High
School 10635 Dunham Rd.
Hartland, MI 48353**

**Child Care Provided
RSV P for your
child**