



FREE
PRE-REGISTRATION
IS REQUIRED



VIRTUAL

MAPPING THE MIDDLE

THE PARENT SURVIVAL SERIES

Sign up for **ONE, SOME** or **ALL** of the featured topic seminars

OCTOBER

Oct. 28 • 5:30pm

Finding Happiness During COVID-19

Dr. Agnieszka Marshall
PsyD, CAP Director of Prevention Services

Based on Yale University's sought after class, "The Science of Well Being", and the latest research from Positive Psychology, Dr. Marshall will share with you the fascinating new information science has taught us about human happiness in the 2000s.

NOVEMBER

Nov. 18 • 5:30pm

A Spoonful of Mindfulness

Dr. Agnieszka Marshall
PsyD, CAP Director of Prevention Services

Dr. Marshall has been teaching the community about mindfulness for almost a decade and now it's your turn to learn about what makes mindfulness one of the biggest breakthroughs of our time, and what it can do for you and your parenting.

DECEMBER

Dec. 2 • 5:30pm

The Birds and the Bees are Sexting

Eric Garza
LCSW, CAP, CST Chief Operating Officer

Learn what you need to know about teens, tweens, sex and dating during an era of technology. Sex therapist, Eric Garza, will teach you about these new dynamics and how to navigate them with your child.

JANUARY

Jan. 25 • 5:30pm

Don't Push My Buttons; I'm not an Elevator

Andrea Greenlee
LCSW, Director of School Based Services

Dive into the psychology behind parenting a teen or tween with longtime therapist, Andrea Greenlee. She will teach you what to do and not to do in an effort to maintain household peace and wellness.

EMAIL DR. MARSHALL TO REGISTER
agnieszka@tykesandteens.org



Please note that District's approval is for content only, it does not constitute or imply approval and/or endorsement of this event by the school district.