

2009-2010 Parent Link Seminar Series

Educational and mental health experts presenting parents with solid "how to" information in an informal, interactive setting



October 7

"Top 5 Strategies for Raising an Academically Successful Student"

Creating and Maintaining Habits That Boost Achievement

What you need to know to help your child develop the skills necessary to ensure lifelong academic success.

Ann Dolin, M.Ed., President and Founder of Educational Connections, Inc.
www.ectutoring.com

November 4

"Fostering Resiliency and Optimism"

Nurturing a "Can Do" Attitude

Teach your child how to keep the "glass half full" even in difficult times.

Cathi Cohen, LCSW, Director and Founder of In Step PC and author of *Raise Your Child's Social IQ*.
www.insteppc.com

January 13

"A Parenting Roadmap"

Creating Boundaries and Limits

Learn how to draw the line between being a parent and a friend. Implement guidelines, create structure, and utilize consequences and rewards.

Debra Hammer, Director of the Auburn School and adjunct professor at George Mason University.
www.theauburnschool.com

February 10

"Overcoming Underachieving"

Unlocking the Potential in Every Student

Know your children can do better in school, but not sure how to motivate them? Come hear specific strategies you can use to help inspire your child to do better.

Robert Chase, Ph.D., Clinical Psychologist and Neuropsychologist with more than 15 years of experience in evaluating and treating children with learning and motivational difficulties.

March 3

"Depression and Anxiety"

Symptoms and Solutions for Emotional Well-Being

How to recognize the signs that your children may be affected by depression and anxiety, and how you can help them move forward.

Peter Robbins, M.D., Medical Director of Child & Family Counseling Group.
www.childandfamilycounseling.com

April 7

"Bright Kids Who Struggle"

Overcoming Obstacles and Realizing Potential

Even the smartest children can struggle in school. Learn what you can do to make the going a little easier for them.

Rich Weinfeld, Director of Weinfeld Education Group, LLC and author of *Smart Kids with Learning Difficulties: Overcoming Obstacles and Realizing Potential*.
www.richweinfeld.com

All Seminars are open to the public and are free of charge. Seminars will be held at:

Flint Hill School

EAST CAMPUS

Olson Theatre
10409 Academic Drive
Oakton, Virginia

7:00-8:30 PM



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