

“THE STRESS LESS CAMPAIGN”

Parent Education Series on Stress & Parenting, 2015-2016

Sponsored by the Belmont Health Department & Belmont Public Schools

Parenting, so rewarding, yet can be so stressful! Parents can learn to keep their cool in stressful situations while helping their children and teens develop their own stress busting techniques. The Parent Education Series addresses Stress and Parenting through a yearlong series of talks and workshops.

-SPEAKERS

October 8th, 7-9 PM, Belmont High School, Little Theater

“The Way of Boys”, Dr. Anthony Rao, PhD

Understand how boys think, behave, learn, socialize and what works best to encourage positive behaviors. Learn practical tips for raising strong, confident kids.

October 20th, 7-9 PM, Chenery Middle School, Auditorium

“Recognizing & Responding to Stressors and Pressures in Middle School Girls”, Dr. Lisa Machoian, EdD

Learn to recognize the signs and signals of distress to help girls cope in healthy ways. Identify practical strategies to foster resilience, positive identity and self-esteem.

November 17th, 7-9 PM, Chenery Middle School, Community Room

“How to Help Kids Manage Stress & Stay Alcohol and Drug Free”, Will Slotnick

Learn up to date information on alcohol, tobacco and other drugs, warning signs of use and abuse and strategies to help kids manage their stress.

February 25th, 2016, 7-9 PM, Belmont High School, Auditorium

“50 Shades of Parenting”, Jon Mattleman, LICSW

Learn tools and strategies to immediately improve the emotional and mental health of your teen and your relationship with them.

April 7th, 2016, 7-9 PM, Chenery Middle School, Community Room

“Resilient Parents, Resilient Kids”, Rana Chudnofsky, EdM

Help support your children to learn and practice their own resiliency building skills. Practice techniques to elicit the relaxation response, learn tools to build resilience, improve health and quality of life.

-WORKSHOPS

“Healthy Eating for Families”, November 2nd, Wellington School Community Room, 9:30-10:30 AM, Cathy Zolner, Certified Holistic Health Counselor

Learn how to eat for better health, energy and super immunity and what foods and ingredients support illness and disease.

“Healthy Snacks”, December 1st, Wellington School Community Room, 6:30-8:30 PM, Cathy Zolner, Certified Holistic Health Counselor

Learn new and healthy eating ideas for snacks and simple meals with demonstrations, samples and recipes.

“Laughter Yoga for Families”, Sandra Daitch, LMT, January 5, 12, 19, 26, Beech Street Center, Multipurpose Room, 5-6pm

Learn to laugh more easily! Stretching, breathing, laughter exercises, guided self-massage. Experience mental and physical health benefits of laughter. Parents, children, teens, adults of all ages are invited. Sign up by January 2. Call (617) 993-2983.

“Mindfulness for the Stress of Everyday Living”, Virtual Online Program,
Paula Koppel, RN, MS

January 28, February 4, 11, 25, 7-8:30 PM Sign up by January 22. Call (617) 993-2983.

Learn to recognize the signs and signals of stress.

Week 1- Introduction to Stress & Mindfulness

Week 2- Recognizing Signs of Stress

Week 3- Cultivating Mindfulness in Daily Life

Week 4- Bringing it all Home

“Mindfulness Meditation”, Marie Rudinsky, RYT, March 1, 8, 15, 22. 7-8 PM, Beech Street Center, Multipurpose Room

Learn the basics of meditation and mindfulness to lessen stress. 4 week program to learn practical mindfulness techniques. Teens and adults welcome. Sign up by February 25

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