

# Programs

## Fall

- The Way of Boys
- Recognizing & Responding to Stressors & Pressures in Middle School Girls
- How to Help Kids Manage Stress & Stay Alcohol and Drug Free
- Healthy Eating Series

## Winter

- Laughter Yoga for Families
- 50 Shades of Parenting
- Mindfulness for the Stress of Everyday Living- Virtual Online Program

## Spring

- Mindfulness Meditation
- Resilient Parents, Resilient Kids



For more information contact:  
Youth & Family Services  
Program  
617 993-2983



**Belmont Health Dept.**

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Belmont, MA 02478

**Belmont Public Schools**

644 Pleasant Street  
Belmont, MA 02478

Belmont Health Department  
Belmont Public Schools  
2015-2016



**“Stress Less Campaign”**

A Public Education  
Series Presentation:  
Stress & Parenting



## Fall

### **"The Way of Boys"**

Dr. Anthony Rao, PhD  
October 8, 2015, 7-9 PM

Belmont High School, Little Theater

Join Dr. Rao for a candid, upbeat discussion on raising and educating boys successfully. First understand how boys think, behave, learn, socialize and what works best to encourage positive behaviors. Leave with practical tips for raising strong, confident kids.

### **"Recognizing & Responding to Stressors & Pressures in Middle School Girls"**

Dr. Lisa Machoian, EdD  
October 20, 2015, 7-9 PM  
Chenery MS Auditorium

This presentation will focus on stressors for girls & how parents can recognize signs & signals of distress to help girls learn to cope in healthy ways. Learn how to differentiate between serious problems vs. "teen angst" & "mood swings". Practical strategies parents can use to foster resilience, positive identity & self-esteem will be presented.

### **"How to Help Kids Manage Stress & Stay Alcohol and Drug Free"**

Will Slotnick  
November 17, 2015, 7-9 PM  
Chenery MS Community Room

Join Will as he helps parents sort through these issues while providing up to date information on alcohol, tobacco & other drugs, warning signs of use/abuse & strategies for teaching kids how to manage their stress.

### **Healthy Eating Series**

Cathy Zolner, HHC, AADP  
"Healthy Eating for Families", Nov. 2,  
9:30-10:30 AM  
"Healthy Snacks", Dec. 1, 6:30-8:30 PM  
Wellington Elementary School

Community Room

Whether you are interested in adopting a healthier lifestyle for your family or just looking for a few new healthy eating ideas, our "Healthy Eating Series" will support you. Demonstrations, samples & recipes provided.

## Winter

### **Laughter Yoga for Families**

Sandra Daitch, LMT, NMT, CLL  
January 5, 12, 19, 26 2016, 5-6 PM  
Beech Street Ctr. Multipurpose Room

Experience the many mental & physical benefits of laughter, including decreasing stress hormones, boosting immunity, exercising the lungs & abdominals. Stretching, breathing, laughter exercises & guided self-massage elicit joy & release tension. Learn to laugh more easily! Parents, children, teens & adults are invited! Call by Dec. 30 to sign up: (617)993-2983

### **"Mindfulness for the Stress of Everyday Living" – Virtual Online Program**

Paula Koppel, MS, RN  
January 28, February 4, 11, 25, 2016  
7-8:30 PM

Learn to recognize personal signs of stress & how to activate the relaxation response. Develop awareness of triggering thoughts, emotions & sensations. *Session 1:* Intro to Stress & Mindfulness. *Session 2:* Recognizing Signs of Stress. *Session 3:* Cultivating Mindfulness in Daily Living. *Session 4:* Bringing it all Home. Call by January 25 to sign up: (617)993-2983

### **"50 Shades of Parenting"**

Jon Mattleman, LICSW  
February 25, 2016, 7-9 PM  
Belmont HS Auditorium

Learn tools & strategies to immediately improve the emotional & mental health of your teen & your relationship with them. Read more about Jon at: [www.jonmattleman.com](http://www.jonmattleman.com)

## Spring

### **Mindfulness Meditation**

Marie Rudinsky, RYT  
March 1, 8, 15, 22, 2016, 7-8 PM  
Beech Street Ctr, Multipurpose Room

Mindfulness can help develop compassion, alleviate suffering & manage stressful situations. During this 4 week series learn the basics of meditation & mindfulness in daily life. When practiced regularly, mindfulness can help develop greater clarity, equanimity & awareness, while lessening stress! Teens & adults of all ages welcome! Call by February 25 to sign up: (617)993-2983

### **"Resilient Parents, Resilient Kids"**

Rana Chudnofsky, EdM  
April 7, 2016, 7-9 PM  
Chenery MS Community Room

Learn the essential tools to build resilience, improve health & quality of life, while helping support your children to learn & practice their own resiliency building skills. Learn about the connection between stress & physical or emotional concerns. Practice techniques to elicit the relaxation response to stay cool in stressful situations!