



Presentations will be held at:
Family & Children's Center, Slaggie Conference Room at 601 Franklin Street, Winona

<p>Parents' Guide to Surviving (and thriving) in Summer May 28th 5:00-6:30pm</p>	<p>Presented by: Alicia Hengel, MA, LPCC and Emily Ebbers, BS Discuss how to make the most out of Summer break with your children, schedules and expectations for household, sleep hygiene, and utilization of local resources, activities, and events to connect with family.</p>
<p>Parenting After Divorce: When the Kids Are Caught in the Middle June 25th 5:00-6:30pm</p>	<p>Presented by: Mike Hodson, MS, LMFT Learn about parental alienation, the warning signs and symptoms, short and long term effects, and how to parent through; co-parenting vs parallel parenting. We will also discuss further resources for parents.</p>
<p>Behavior Modification: Putting Appropriate Rules & Consequences in Place July 23rd 5:00-6:30pm</p>	<p>Presented by: Ashley Holen, MS Learn about behavior modification, the typical uses, age appropriate techniques, following through and extinction burst, implementation at home or in the classroom, when to seek professional help, and other resources available.</p>
<p>Mental Health and Transitioning College Student September 10th 5:00-6:30pm</p>	<p>Presented by: Ashley Holen, MS Learn the significance of mental health on students and transitioning adults, recognize the need for supports, practice self-care techniques, develop individualized self-care plans, and discuss when to seek professional help and the resources available.</p>
<p>Co-Occurring Substance Use & Mental Health Issues in Youth October 15th 5:00-6:30pm</p>	<p>Presented by: Alicia Hengel, MA, LPCC Discuss the intersection between substance use and mental health, prevalence rates, warning signs or behavioral changes, concerns amongst youth, and how caring adults can help youth struggling with co-occurring conditions access the resources they need.</p>
<p>Building Strong Bonds: A Look at Healthy Attachment November 14th 4:30-6:00pm</p>	<p>Presented by: Chelsie Swenson, MS, LPCC This presentation will discuss the origins of healthy attachment, what it looks like, how to create healthy attachment, ways toward repairing broken attachment, and the life-long benefit of good attachment.</p>
<p>Kids and the Internet December 10th 5:00-6:30pm</p>	<p>Presented by: Matt Brickl, MA Parents will be informed of current trends in internet usage by their children as well as having healthy social media conversations and monitoring with your children.</p>