

Workshop Descriptions

Keynote



The 7 Lessons COVID-19 Taught Us About Parenting

Dr. Bernie Les, *Ph.D., Psychologist*

Over the past several months, you and many others have experienced stress as the result of isolation, strained interactions with your children, becoming an educator, health anxieties, and much more. All of this has put into sharper focus some of the family and parent-child dynamics that have always challenged us. We now have the opportunity to come out of this troubling time with important lessons we can use moving forward. Attendees of this presentation will learn 7 important lessons that are based on the careful clinical observations of Dr. Les' clinical practice during the pandemic.

Workshop Descriptions

Birth to 4-years-old



1. Nursing Nutrition

Christina Johnson, *CLC*, Lactation Lighthouse, LLC, WIC Program for Wayne County Health Department

During this workshop, we will dispel the myths on caffeine, alcohol, spicy foods, and supplements during breastfeeding. We will provide guidelines to empower mothers to make sound decisions for their own nutritional intake as well as for their infants.

2. Building Early Communication through Sign Language

Erin Schneider, *Certified Baby Sign Instructor*, Little Signs & Wonders

This workshop is offered to help families learn how to easily incorporate sign language into their existing schedules. Sign language is used to support early communication in babies and toddlers in their pre-verbal development and to encourage attachment by learning a way to identify babies' needs and emotions.

Workshop Descriptions

All Ages



3. Trauma and Resiliency:

How to Prepare Children to Be Their Best and Cope with the Worst

Dr. Bernie Les, *Ph.D., Psychologist*, Private Practice

81.5% of people will experience at least one traumatic event in their lifetimes. The responses to these events vary from almost nothing to an array of lifelong emotional and physical health problems, impacting social, academic and occupational realms. The difference between these two outcomes mostly lies in the core assumptions one has about the world. In this workshop, we will discuss parenting strategies that target these core assumptions in a way that lessens the impact of trauma and its lingering effects. Also discussed will be specific strategies parents can use in the wake of trauma to promote resiliency.

4. Divorce or Separated: Co-parenting Together

Joe Gulino, *B.S., CPS, Community Health Educator*, CARE of SEM

Many families are parenting the same child(ren) from different households. That can be tricky enough to maneuver and then add new partners into the mix. This workshop will help find ways to build boundaries in respectful ways with good communication and problem-solving. Also, you will gain the power to make positive changes that will benefit the child as well as the long-term relationship with your co-parent.

5. Anger Management for Families

Lisa Kaplan, *LMSW, CAADS, CPC-R, ACSW*, Henry Ford Maplegrove Center

This workshop will include a thorough understanding of anger and tools for family members of all ages to address it in a non-violent, healthy manner. We will also discuss anger in the age of COVID-19 as families are spending more time together at home thus increasing the likelihood of domestic violence.

6. Screens: The Love/Hate Relationship: How to Raise Digitally Conscious Children

Maria Dismody, *Parent Educator*, Cardinal Press

In this workshop, parent educator and author, Maria Dismody, will discuss current research and findings on screen time and children. Parents of children of all ages will walk away from this engaging and informative workshop with the tools needed to protect their children's childhood. Maria is raising three children in this tech savvy world and this is a judgement-free zone. We all want what is best for our children and can rely on research to help us make day-to-day decisions.

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All Ages



7. The Redefining, Rethinking, Reflecting: Developing an Intentional Community Environment for Those Who Have Experienced Trauma

Alexis Lenderman-Black, *Co-founder and CEO*

Justin Black, *Co-Founder and Communications Director*

Redefining Normal

This workshop discusses strategies and techniques developed by foster care alumni, Justin and Alexis Black, as they combined the information they've learned from healthy foster parents, counselors, advocates, and ultimately their lived experience. By sharing their personal story of overcoming, they discuss the role of a foster parent and advocate as well as the necessary resources to surround themselves with in order to be a positive partner in the lives of the youth themselves. Their goal is to help advocates understand that fostering is a collaborative process for both the youth and the parent. They highlight the components of that relationship as well as the aspect of the community that needs to be formed in a healthy and loving environment.

8. What No One Has Ever Told You About ADHD and Behavior

Carrie Odrobina, *Executive Director, Board Certified Cognitive Specialist*

Sarah Pavliscak, *Program Director and Board Certified Cognitive Specialist*

Brain Balance Achievement Centers

Most of us know someone who has been diagnosed with ADHD. We often feel sorry for the parents, child, and family as the behaviors can be so disruptive at home, with friends, and at school. Often medicine is used to mask the symptoms and/or decrease the negative behaviors. However, these medicines may not be effective and often have negative side effects. There is HOPE for each and every one. The root cause of the symptoms that lead to an ADHD diagnosis is different for each child. Every child needs an individualized plan to overcome those symptoms and gain control of their mind and body. Learn what the latest research says about natural, whole-child approaches that overcome the symptoms of ADHD. Hope and answers are found in this workshop.

Workshop Descriptions

Tweens and Teens



9. Surviving the Teen Years!

Wayne Jones, *M.Ed., Faculty Advisor*, Nipissing University

Join Wayne Jones to learn about adolescent behavior and how you can help your pre-teen/teen navigate the changes ahead. By applying the practical strategies taught, you will be able to prepare your adolescent for encountering risky behavior and learn how to manage the “snub.” We will also touch on what to do about maintaining your own sanity during these interesting times.

10. Empowering Young Adults with Autism for Transition and Growth

Ron Sandison, *Author, Founder* of Spectrum Inclusion/Author

Learn to break transitional phases of life into manageable steps for your child who is on the spectrum. Ron will share his own struggles, and based on the knowledge he acquired from interviewing over fifty young adults on the spectrum as well as professionals in the autism community, he will share the skills he learned for successful transition.

11. Taking the Guesswork Out of Talking to Youth About Drugs: A Workshop for Caregivers and Parents

Adrienne Gasperoni, *B.A., CPS, Community Organizer*

Ryan Reblin, *B.A., CPS, Prevention Manager*

CARE of SEM

Raising humans in this day and age requires a significant amount of research to provide our kids with the information they need to make positive choices for their lives. Take this workshop as an opportunity to gather knowledge and create a plan to help prevent substance abuse in your family. You will gain up to date information on current youth drug trends, a list of resources and best practices on how to discuss substance misuse and abuse with younger people.