



The Family U Education Network, in cooperation with the Katonah Village Library and the Bedford, Lewisboro, Pound Ridge Drug Abuse Prevention Council presents the:



2012 Workshop Series

Friday, January 27th

INTRODUCTION TO CONSCIOUS PARENTING

Wendy McLean and Ellie Kirk

Wendy McLean and Ellie Kirk share their new approach to parenting, focusing on the 3C's - Center, Connect, Create. Their presentation includes positive psychology to help parents be more relaxed, positive, and effective. Participants will leave with ways to help children relieve anxiety, increase resilience and flourish.

Friday, February 3rd

PRACTICAL STRATEGIES TO MANAGE STRESS

Anne Quinn, M.S.

Stress is a reality of living in 2012. Most of us hit the ground "running" in the morning and don't stop until we collapse in a chair in the evening, only to wake up and do it all over again. This workshop will provide techniques and tools to help us move more easily and peacefully through our day, regardless of what is going on around us. Anne Quinn will discuss the value of living in the present moment, which helps us let go of the "would haves, could haves and should haves" of the past and can also help us manage our anxiety and worries about the future.

Friday, March 9th

HELP YOUR CHILD DEVELOP

BULLYPROOFING SKILLS FOR A LIFETIME

Joel Haber, Ph.D.

Dr. Haber will give a practical, supportive, and step-by-step "bullyproofing prescription" that yields lasting results for both boys and girls, from grade school through high school. This workshop will offer specific action steps to help any child build resilience and confidence, develop compassion and trust, and thrive in school, camp, sports and beyond. Empowering, instructive and inspiring, this guide will help parents detect the early signs of bullying and intervene, with lasting results.

Education Network

PLACE:

The Katonah Village Library
26 Bedford Road
Katonah

SUGGESTED DONATION:

\$15 for the Series
\$10 per Workshop

TIME:

9:00-9:30 AM Registration
9:30-11:00 AM Presentation

MORE INFO:

www.klfamilyuniversity.org
Tel. 234-3227

PLEASE NOTE:

*In the event of Katonah-
Lewisboro schools
cancellation or delay,
workshops will be cancelled.*

To register, mail checks payable to:

"Family University," PO Box 248, Cross River, NY 10518

Name _____ School _____

Email _____

Series _____ or Workshop(s) _____