



PARENTING THE #SELFIE GENERATION: RESILIENCE FOR LIFE

2018-2019 Schedule of Parent Workshops

“Digital Addiction: No One Wins When Kids Get Hooked on Games”

October 3, 2018: (Wednesday, 7:00 pm, Ridgefield Library)

Noted digital gaming disorder expert **Paul Weigle, M.D.**, discusses the psychological, academic, & behavioral perils of chronic digital gameplay among children and adolescents, then offers practical and enforceable strategies for limiting on-line game time.

“Survival of the Kindest: How Helping Others Fuels Success in Our Children...and Ourselves”

November 14, 2018: (Wednesday, 7:00 pm, Scotts Ridge Middle School)

New research in biology, neuroscience, and economics proves that to achieve durable success, we need to do more than “look out for #1” – we need to practice **compassion**. Join us as **Christopher Kukk, Ph.D.** – author of ***The Compassionate Achiever*** and founding Director of the Center for Compassion, Creativity & Innovation at Western CT State University – discusses how being kind not only improves the lives of others...it can transform our own lives and those of our children. **Don't miss this culmination of a town-wide read and preview of an upcoming Ridgefield initiative!**

“Dancing with Fear: Helping Young People Create a Life Beyond Worry & Anxiety”

December 5, 2018: (Wednesday, 7:00 pm, Ridgefield Library)

Paul Foxman, Ph.D., seasoned psychologist and author of the acclaimed books *The Worried Child* and *Dancing with Fear*, offers a recovery approach to helping children and adolescents reclaim their lives by replacing anxiety, worry, and panic with peace, optimism, and joy. Dr. Foxman offers a wide range of self-help strategies to combat panic attacks, phobias, avoidant behavior, worry, unwanted obsessions, and such physical symptoms as racing heart, shaking, breathing problems, sweating, and nausea.

“The Birds & the Bees 2.0: How to Talk to Today's Kids About Sex”

January 16, 2019 (Wednesday, 7:00 pm, Ridgefield Library)

Today's young people need a lot of guidance beyond the Birds & Bees Primer of old. **Jennifer Gaines**, a Public Health Program Specialist for Planned Parenthood of Southern New England, offers valuable tips on what to say, how to say it – and when.

SAVE THESE DATES! Presenters & program details to follow!

Tuesday, February 12 and Thursday, March 21, 2019

“Parenting the #Selfie Generation” is a community-wide collaboration with Ridgefield Public Schools, Ridgefield Council of PTAs, Ridgefield Library, Project Resilience, Ridgefield Youth Commission, Books on the Common, Town Vibe, and Silver Hill Hospital