



## **2019-2020 Schedule of Parent Workshops**

*a community-wide collaboration with*

*Ridgefield Public Schools, Ridgefield Council of PTA's, Ridgefield Library, Ridgefield Youth Commission, Books on Common, Project Resilience, Town Vibe and Silver Hill Hospital*

**October 7, 2019: (Monday, 7:00 pm, Ridgefield Library)**

***"What Makes a Kid Resilient"***

**Donna Volpitta, Ed.D**, popular speaker and Director of The Center for Resilient Leadership, will discuss the simple brain science behind resilience and strategies to foster resilience in children and teens.

**November 13, 2019: (Wednesday, 7:00 pm, Ridgefield Library)**

***"Vaping: What Every Parent and Teen Needs to Know"***

**Elizabeth Jorgensen, CADC**, renowned speaker, Director of Insight Counseling, and expert on substance abuse, will discuss short and long-term effects of vaping, nicotine and marijuana use. Strategies for talking and intervening with your teens will be discussed.

**December 5, 2019: (Thursday, 7:00 pm, Ridgefield Library)**

***" Worried and Anxious Kids: How Parents Can Help"***

**Elizabeth Ortiz-Schwartz, M.D.**, psychiatrist from Silver Hill Hospital will describe common anxiety disorders among children and teens, as well as strategies for helping children cope effectively with anxiety.

**February 27, 2020: (Thursday, 7:00 pm, Ridgefield Library):**

***"How to Win from Losing: Using Failure and Disappointment to Help Your Children Grow"***

**Tracey Masella, LCSW**, engaging speaker will talk about failure and disappointment and how to help children and teens grow from their mistakes. The necessity and benefits of letting go of the striving for perfectionism will be discussed.

**March 26, 2020: (Thursday, 7:00 pm, Ridgefield High School):**

***"How to Raise an Adult"***

**Julie Lythcott-Haims**, author of "How to Raise an Adult" and former Dean at Stanford University, returns by popular demand to discuss all the essential skills needed by all teens to grow into healthy, happy, successful adults.

**April 22, 2020: (Wednesday, 7:00 PM, Ridgefield High School**

***"Hooked on Screens: Raising Kids in an Online World"***

**Elizabeth Ortiz-Schwartz, M.D.**, psychiatrist from Silver Hill Hospital will discuss the pros and cons of screens and social media, the latest scientific research on screen exposure and children, and how to set reasonable expectations for screen time with your children.