

Lexington Parent Academy 3.0

Saturday, March 25, 2017

9:30am – 2:30pm

Lexington Community Center, 39 Marrett Rd, Lexington, MA 02421

The 3rd Annual LPA is designed to educate & empower parents to meet the changing demands of parenting in today's world.

Workshops include:

- **Cybersafety: Teaching Children to be Safe, Secure and Responsible in the Digital World** - Prevention Peer Leaders, Julie Fenn, LICSW & Kristina Hankins, Lexington Police Department
- **Strategies for Maintaining a Healthy Couple Relationship During Stressful Times** - Dewie Weiner, LICSW
- **Education & Expectations: Building Understanding Between Cultures**- Cynthia Tang, LHS Counselor
- **They're Not Crazy; They're Adolescents. Understanding the Teenage Brain from the Inside Out** - Julie Fenn, LICSW & Sion Kim Harris, Ph.D.
- **Coaching Your Teenager in Skillfully Handling Anxiety** - Dale Dillavou, Ph.D.
- **Interpersonal Effectiveness: Techniques for Maintaining & Improving Relationships** – Blaise Aguiree, MD
- **Sleep in Middle & High School Youngsters: How Parents Can Help** – Gila Lindsley, Ph.D
- **Parents as Sexuality Educators** – Jennifer Wolfrum, M.Ed
- **Inside Scoop: How Kids Are Helping Each Other & What You Can Do** – Erin Deery, LICSW & Bill Blout, LICSW, LYFS Youth Board
- **School & Community Resources** – Manjula Karamcheti, LHS Assistant Director of Counseling, Kristie Demirev, LICSW
- **A Thousand Tiny Choices: Depression, Anxiety, Addiction** – Carl Antisell, Minding Your Mind
- **I See You and Hear You, But I Don't Understand You: Improving Parent-Teen Communication and Relationships** - Alan E. Fruzzetti, Ph.D.

Check out the “**Hidden in Plain Sight Exhibit**” that displays a typical teenager's bedroom as an opportunity for parents to recognize common items that may be indicative of substance abuse.

Sponsors: LPS Health Advisory Council (SHAC), PTA/O President's Council, Lexington Community Center, Lexington Human Services Dept., Lexington Recreation & Community Programs, Lexington Fire & Police Dept., Lexington Chamber of Commerce, Chinese American Association of Lexington (CAAL), Indian Americans of Lexington (IAL), Koreans of Lexington (KOLex), and Lexington Youth & Family Services.

Participants can choose one, two, or three workshops based on your interests. This event is free! You can view the workshop schedule & descriptions online. While you do not need to pre-register, pre-registration is recommended to guarantee a seat in a specific workshop. Pre-registering only guarantees your seat until the workshop starts. To pre-register, go to https://www.activityreg.com/clientpage_t1.wcs. At this site, select a state, “MA”, then select a program, “Lexington Recreation Department”. Registration will be open starting on 3/6/17 and will close on 3/22/17.



The **LHS SADD Club** will be selling food as a fundraiser. A complimentary coffee station will be available.

For more information contact Jodi Ronci, LPS Assistant Coordinator of PE & Wellness at jronci@lexingtonma.org

