RESILIENCE
We know more about the brain than ever before and fortunately, what is predictable is preventable. Come and learn how Adverse Childhood Experiences (ACE’s) impact brain development and our long-term mental and physical health, what makes stress toxic, and how we build resilience.
Presenter: Tami Curtis

The Teenage Brain on Stress
Today’s teens experience extreme amounts of stress that can affect learning, relationships, self-esteem, and behavior. Participants will learn how brains change with stress and practical strategies to help parents respond to adolescent (and adult) stress.
Presenter: Life Launch Centers

Challenges for the Developing Teenage Brain
There are many things that we all do in the attempt to avoid painful emotions. Numbing is one of them. Learn when and how to put limits on some of the most damaging ways that teens change their brains in the attempt to numb. Learn tips to guide and influence your teen to develop a mentally and emotionally healthy brain.
Presenter: Life Launch Centers

SURVIVING PARENTHOOD
No one gets a certification to be a parent before having kids. How do we balance all of our roles. Come and learn ways to practice consistent self-care.
Presenter: Dr. Mary Wilde

ANXIETY & DEPRESSION
Gain a deeper understanding of anxiety and depression. Learn how to assist and encourage your child, foster a more loving and trusting relationship with them, while promoting their social and personal wellbeing.
Presenter: Iuri Melo

PARENTING WITH PURPOSE
We all aim to parent mindfully and with purpose, but the pressures of the modern family can quickly move us off course. If you are looking for support and advice on your parenting journey come and join us!
Presenter: Chad Olsen

SIMPLE SKILLS FOR RAISING HEALTHY KIDS
Parenting is hard, and kids face more challenges (like drug use, depression, bullying, suicide and more) than their parents ever did. Research shows that some very simple strategies can reduce the likelihood that your kids will struggle with those challenges.
Presenter: Southwest Prevention

DISCIPLINE & BEHAVIOR
Are you tired of battles, being ignored, and feeling stuck? Join Dr. Mary Wilde, Director of Imagine Pediatrics Behavioral Health and Wellness for fresh insights on positive ways to influence your child’s behavior.
Presenter: Dr. Mary Wilde

SCREEN TIME MANAGEMENT
As parents, we know that screens can be addictive and it is important to realize that technology has its benefits, as well as its dangers. Learn how to keep your kids safe online and prevent technology addictions.
Presenter: Dr. Matt Eschler