

PARENT EDUCATION NIGHT

Upcoming 2019 - 2020 events

SEPT 5

6:00 pm

Desert Hills High

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

OCT 3

6:00 pm

Snow Canyon High

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

NOV 7

6:00 pm

Desert Hills High

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

DEC 5

6:00 pm

Desert Hills High

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

JAN 9

6:00 pm

Pine View High

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

FEB 6

6:00 pm

Crimson Cliffs High

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

MAR 5

6:00 pm

Desert Hills Middle

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

APR 2

6:00 pm

Snow Canyon Middle

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

MAY 7

6:00 pm

Dixie High

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