

Parent University Registration Form - Saturday, February 4, 2012



View or Download full brochure at: www.parentcommunitynetwork.com

Register early, sessions fill quickly! Mark **first & second choices** per session.

Please print clearly - one person per form.

Name (first) _____ (last) _____

Check here if you are a first-time attendee. Who referred you? _____
Enter name above and they may win a prize!

Address _____

City _____ St _____ Zip _____

Phone (_____) _____

Email address _____

Volunteers are needed to help continue and keep PU strong! Come help!
 Please contact Lis Williams at lisbethwill@sbcglobal.net or 708.588.8292.

We'll add your email to our database for periodic news updates.

School(s) child(ren) attend _____ Age(s) of child(ren) _____

KEYNOTE SPEAKER (8:00 - 9:15 am)

X **Taming the Worry Monster: Anxiety to Calm** - Diane Leamy, Ph.D., LCSW
Sessions designated by age level: Preschool (P), Elementary (E), Middle School (M) High School (H), General (G)

SESSION 1 (9:30 - 10:35 am) (Mark #1 and #2 choice)

- ___ 1A. *Cyberspace Teens* - Sarah Migas, MSW (M, H)
- ___ 1B. *Bringing Out Their Best* - Maureen O'Hara, MA (G)
- ___ 1C. *Food For Thought: How to Choose Food to Properly Fuel your Brain and Body* - Janet Triner (G)
- ___ 1D. *Reducing Student Anxiety: What Schools Are Doing and How Parents Can Help* - Lynn Surin Lawrence, MA, Education (E, M)
- ___ 1E. *Top Ten Positive Parenting Strategies for Preschoolers* - Dana J. Burke, M.S.Ed., and Jennifer G. Schuler, LCSW (P)
- ___ 1F. *Creating Healthy Relationships with Kids: How to Discipline with Love* - Margie Salyer, LCPC (M, H)
- ___ 1G. *The Teen Girl's Brain* - Susan Wilkie, Ph.D., LMFT (M, H)

Resource Room Break - share ideas w/ others ~ Visit community organization tables ~ Buy raffle tickets

SESSION 2 (11:10 am - 12:15 pm) (Mark #1 and #2 choice)

- ___ 2A. *Maybe It Isn't Laziness: Signs and Symptoms of a Behavior Problem* - Keith A. Baird, Ph.D. (E, M, H)
- ___ 2B. *Holding The Line Without Losing Your Cool* - Maureen O'Hara MA (G)
- ___ 2C. *Positive Peer Relationships in Middle School and Beyond* - Karen Williamson, Ph.D. (M, H)
- ___ 2D. *Tears, Tantrums and Battles: Preventing Power Struggles* - Karen Jacobson, MA, LMFT, LCPC and Lauren Bondy, MSW, Certified LifeLine Practitioner (P, E)
- ___ 2E. *A Parent's Guide to Teens, Sex, and Dating* - Tori Libby (H)
- ___ 2F. *Study Skills for School Success* - Amy Johnson, M.Ed. (M, H)
- ___ 2G. *Managing College Costs: Finding the Right Financial Fit/Cultivating Financial Success* - Frank Palmasani (H)

Raffle winners announced

SESSION 3 (12:25 - 1:30 pm) (Mark #1 and #2 choice)

- ___ 3A. *Self-esteem: The Myths and the Truths* - Michael Maniacci, Psy.D. (G)
- ___ 3B. *The Risky World of Today's Teens: What Parents Should Know* - Cathy Kokontis, MSW, CADC (H)
- ___ 3C. *Careers and Kids: Keeping Your Cool* - Karen Jacobson, MA, LMFT, LCPC and Lauren Bondy, MSW, Certified LifeLine Practitioner (P, E)
- ___ 3D. *Crippling Kids with Happiness* - Char Slezak, Psy.D., and Michael Bradburn, D.Min., LCSW (E)
- ___ 3E. *Raising Boys* - Karen Williamson, Ph.D. (G)
- ___ 3F. *The Available Parent: What Works and Does Not Work, in Parenting Teens and Tweens* - John Duffy, Psy.D. (M, H)

Go online to:

www.parentcommunitynetwork.com

VIEW full brochure with session descriptions and speaker bios.

PARENT UNIVERSITY

\$20.00/person pre-registration by 1/24 OR \$25.00/person at the door or if rec'd after 1/24.
(includes sessions, snacks & drinks) \$ _____
Optional additional donation..... \$ _____
(Thanks! We rely solely on donations)
KID UNIVERSITY pre-registration required
\$7.00/child..... \$ _____
TOTAL ENCLOSED \$ _____

Sorry, no refunds can be given.

KID UNIVERSITY Registration

Children ages 3 to 10 (MUST be potty-trained)

Please bring marked sack lunch for each child. Healthy morning snack & beverage provided.
 Check-in your registered child at PU table.
 Name _____ sex ____ age ____
 Name _____ sex ____ age ____
 Name _____ sex ____ age ____
****please indicate food allergies if applicable****

Return completed registration form with payment

(make checks payable to Parent University)

LTHS - South Campus
 ATTN: Jeanne Widing
 4900 S. Willow Springs Rd.
 Western Springs, IL 60558

Any questions? Call Jeanne 708.579.6507 or email jwiding@lths.net or pcn4lt@yahoo.com