

EMPOWER YOUR PARENTING!

2008-09 CLASSES & WORKSHOPS



TOO MUCH, TOO SOON? RAISING RESPONSIBLE KIDS IN AN OVER-ACHIEVING, OVER-INDULGENT WORLD

Tuesday, September 16, 9:00am, Parish Center
Speakers: Kathy Gudonis, LCSW, & Cheryl Hazek, Psy.D,
Alexian Brothers Interfaith Parish Support Services

*What is the price of privilege, pressure and perfection?
How can we "keep it real" for our children? Let's talk about it!*

CYBERSMARTS: NAVIGATING THE SECRET WORLD OF TEXT MESSAGING, MYSPACE AND OTHER CHILDHOOD INTERNET DANGERS

Tuesday, October 7, 7:00pm, Parish Center
Speaker: Detective Richard Wistocki, Naperville Police Department

*Back by popular demand with lots of valuable new information parents need to know!
Det. Wistocki leads the Naperville P.D. Internet Crimes Unit and is a leading authority
in Illinois' computer crimes investigations and an advocate for child safety.*

**SYSTEMATIC TRAINING IN EFFECTIVE PARENTING (S.T.E.P) CLASS FOR
PARENTS OF KIDS SIX AND UNDER**

Five-week class, Thursdays, October 2, 9, 16, 23, 30, Colonial Hall, 7:00-8:30pm

Instructors: Keelah Andrews and Cara Coleman, Doctoral Interns,
Alexian Brothers Interfaith Parish Support Services,

Learn effective ways to build self-esteem in the early years, how to discipline and gain cooperation. To register or for more information, see Social Services Calendar.

BOYS WILL BE BOYS:

RAISING CONFIDENT YOUNG MEN

Wednesday, November 5, 9:00am, Parish Center

Speakers: Bill Li, LCPC, & David Rennard, LCSW, MDiv,
Arbor Clinical Associates, Wheaton

Discover how boys are unique and what you can do to help them grow up to be strong, independent, Godly young men in these challenging times.

**SYSTEMATIC TRAINING IN EFFECTIVE PARENTING (S.T.E.P.) CLASS
FOR PARENTS OF KIDS GRADES 1-6**

Six-week class, Thursdays, Feb. 5, 12, 19, 26, March 5, 12 Colonial Hall, 7:00-8:30pm

Topics covered include understanding behavior and misbehavior, cooperation, responsibility and confidence-building.

**PARENTING FOR TODAY'S PLUGGED-IN FAMILIES:
IS TECHNOLOGY IN THE HOME
MAKING OUR LIVES EASIER OR STEALING OUR FAMILY TIME?**

Monday, March 16, 9:00am, Parish Center

Speaker: Christopher Watson, Psy.D.

Christopher D. Watson, Psy.D. & Associates Behavioral Health Services/
Alexian Brothers Developmental-Behavioral Pediatrics Center

Cell phones, iPods, Blackberries, video games ... what gets in the way of parent/child relationships today? Come listen and share as we explore various expectations and consequences, communication patterns, stressors and parenting strategies.

**HUNGRY FOR MORE: HOW EATING DISORDERS
ARE AFFECTING TODAY'S CHILDREN**

Thursday, April 30, 9:00am, Parish Center

Speaker: Janice Chua, M.A., Counseling Intern,
Alexian Brother Interfaith Parish Support Services

*The statistics may surprise you, and the information will be something you'll want to share.
Tap into Janice's rich background in this important topic.*