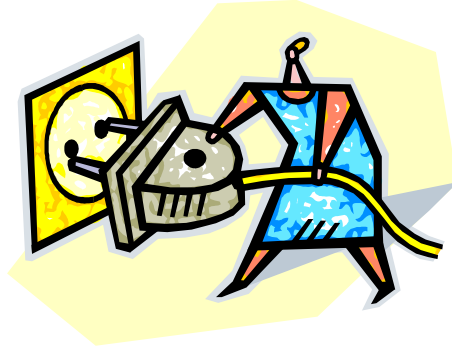


Calling all Parents!
**Get Connected with
"Tuesday Talks"**



Come learn from these guest speakers and share your own experiences with other parents. Our gatherings are casual and interactive. There is an open chair waiting for you!

**All "Tuesday Talks" are
9:00-10:30am in the
Parish Life Center (by the windows)
Enter Door 2**

**Tuesday, Sept. 22
Bullies to Buddies:
A revolutionary new approach to bullying
Trevor Simpson, LCPC
Alexian Brothers Interfaith Parish Support Services**

Trevor is a school counselor, family therapist and former youth pastor. He will talk about the work of Izzy Kalman and the Bullies2Buddies program, which has been turning the heads of parents and professionals. Learn ways to reduce aggression between children, including the "magic responses."

Tuesday, October 20

School Anxiety:

How to help the worried child

Jackie Rewe, MA, LPC, CADC

Alexian Brothers Behavioral Health Hospital

Jackie supervises the School Refusal /School Anxiety Program at Alexian Brothers Behavior Health Hospital in Hoffman Estates. She will talk about symptoms of children who have anxiety, including those who are reluctant to go to/stay in school, as well as strategies and interventions parents can use.

Tuesday, February 9

Who's on First?

Unlocking the secrets of birth order

Kathy Gudonis, LCSW

Alexian Brothers Interfaith Parish Support Services

Kathy is the St. Pet's school social worker, and she works with kids and parents of all ages and birth orders! Based on the research of Dr. Kevin Leman, she will explore the interesting ways birth order can affect not only our children and their behaviors, but also our own parenting.

Tuesday, March 16

Personality Types & Parenting:

How to use your unique "temperament" to your best advantage!

Rita Rippentrop, LCPC, MDiv

Alexian Brothers Interfaith Parish Support Services

Rita is an experienced family therapist who will introduce us to the Myers-Briggs personality inventory (MBTI). Learn more about your personality "type" and how it influences your parenting. Before you come, you are encouraged to take a brief online self-inventory at

www.humanmetrics.com/cgi-win/Jtypes.asp.

Tuesday, April 13

Depression & Suicide Awareness:

What to look for in children

Cheryl Hazek, PsyD, LCSW

Alexian Brothers Interfaith Parish Support Services

Cheryl is a psychotherapist who trains others in the QPR (Question, Persuade, Refer) method of Suicide Awareness & Prevention developed by Dr. Paul Quinnett of the QPR Institute. She will talk about the warning signs of depression in children and adolescents, and walk us through how to intervene in a suicide crisis.