

Dear Parents,

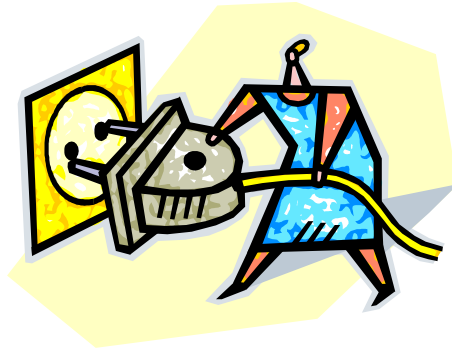
I want to invite you to something new and exciting this year: **“Tuesday Talks!”**

They are **casual** gatherings with **informative** speakers on **current** parenting topics I hope you will find interesting. All are held on Tuesday mornings, 9-10:30am in the PLC.

See the attached flier for topics and dates. Please come and bring a friend!

Kathy Gudonis, LCSW
Your school social worker

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, November 17

When the Kids Aren't Watching:

Making the most of your marriage

Stef Stefander, LPC

Alexian Brothers Interfaith Parish Support Services

Stef is a counselor of youth, couples and families whose entertaining style will instantly put you at ease with this important topic. She will get us thinking (and talking) about how to prioritize marriage in the midst of our very busy lives with children.

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 9

TBD - stay tuned!

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.