

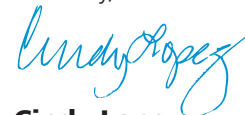
Dear Friends of CHC,

Welcome to another wonderful year of classes about kids and teens for parents. We're proud to offer a season filled with thought-provoking titles and outstanding expert presenters from CHC as well as esteemed guests from some of our incredible partner groups. You'll see another set of classes this year about teens and young adults (a focus started last year), and continued helpful sessions on social emotional learning, autism, behavior, IEPs and anxiety and depression. And now that Parents Education Network (PEN) is part of CHC, we've added even more classes on learning and attention differences. Look for indications of classes that are teen friendly! All in all, it's a great lineup we hope you will find useful as you continue the lifelong job of parenting.

You can always find the latest updates on our website at www.chconline.org.

We look forward to seeing you on a Tuesday evening very soon! Enjoy and please share with friends.

Sincerely,



Cindy Lopez

Senior Program Manager
Community Education



**Promise
and
Potential**

Clinical Services

Consultations, evaluations, therapy, Intensive Outpatient Program. Clinics in Palo Alto, Ravenswood & San Jose.

Sand Hill School

Strengths-based learning for 1st-8th grade kids with dyslexia and other learning differences.

Esther B. Clark School

Therapeutic day school serving students with emotional and behavioral challenges. Campuses in Palo Alto and San Jose.

Community Connections

Classes, workshops and conferences; support groups; partnerships; volunteer programs and online resources.

We're here for you.

Call 650.688.3625 for an appointment.

24-hour crisis lines:

Text BAY to 741741 or call 855.278.4204 (Santa Clara)



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Children's Health Council

650 Clark Way
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FREE 2017-2018 Community Education Classes



Practical support

for parents of children, teens
and young adults facing
ADHD, Learning Differences,
Anxiety & Depression
and Autism



CHC's Mission is to remove barriers to learning, helping children, teens and young adults become resilient, happy and successful at home, at school and in life.


chconline.org/community-education

AT A GLANCE




Tuesdays, 6:30 – 8:00 pm | CHC Palo Alto

- Sept 12** Early Intervention & Autism—What You Need to Know
- Sept 19** Social Emotional Learning—Building on Your Child's Strengths
- Sept 26** Helping Teens Cope with Anxiety
 - Oct 3** Social Emotional Resilience in Children with Dyslexia
- Oct 10** Growing Up with ADHD: A Parent/Adult Child Panel
- Oct 24** Does My Child Have a Reading Problem?
- Nov 14** Tantrums, Tears and Tempers—Managing Your Young Child's Behavior
- Nov 28** Parenting Wired Teens
- Dec 5** How to Help Your Anxious Young Child
- Dec 12** Organization & Planning: Executive Function Strategies for Middle and High School Students
 - Jan 9** Strategies for Parents of Kids with ADHD
- Jan 23** Executive Functioning Skills in Elementary School
- Jan 30** The Healthy, Well-Balanced Student
- Feb 6** ADHD—What about Medication?
- Feb 13** The Power of a Growth Mindset to Build Resiliency in Teens
- Feb 27** Understanding Your Child's IEP
- Mar 13** On Time, On Task, and Organized: Using Technology to Build Executive Function Skills
- Mar 27** Anxiety, ADHD & Reading—How Do They Intersect?
 - Apr 3** Sensory Integration & Autism
- Apr 10** Responding to Your Teen's Challenging Behavior
- Apr 17** Kids Who Worry
- Apr 24** Building Social Skills in Kids with Autism
- May 8** The Neurobiology of Stress in Teens & Mindful Pathways to Heal
- May 15** Fostering Happiness Habits in Your Teen
- May 22** Mothers and Teen Daughters: An Interactive Panel
- May 29** The Challenges of Anxiety: How You Can Support Your Child
 - Jun 5** Gender Expression in Teens
- Jun 12** LGBTQ Teens & Depression

To sign up for classes, schedule a class at your organization or for questions:

-  chconline.org/community-education
-  communityed@chconline.org
-  650.617.3878

For an appointment with a CHC specialist:

-  chconline.org/help
-  help@chconline.org
-  650.688.3625 (650.688.3650 Espanol)

All classes held at CHC unless noted:

-  CHC, 650 Clark Way, Palo Alto, CA



Kids learn differently.

Sand Hill School and PEN, both recognized leaders in addressing these issues, together present this special series. You'll get tips and strategies to help you support your child with learning and attention challenges. *Elementary-High School*

Learning Differences

Oct. 3: *Social Emotional Resilience in Children with Dyslexia*, Fumiko Hoeft, MD, PhD, BrainLENS at UCSF

Oct. 24: *Does My Child Have a Reading Problem?*

Mar. 27: *Anxiety, ADHD & Reading—How do they Intersect?* Robert Hendren, DO, UCSF School of Medicine

ADHD

Oct. 10: *Growing Up with ADHD: A Parent/Adult Child Panel*

Jan. 9: *Strategies for Parents of Kids with ADHD*

Feb. 6: *ADHD—What about Medication?*

Executive Functioning

Dec. 12: *Organization & Planning: Executive Function Strategies for Middle and High School Students*

Jan. 23: *Executive Functioning Skills in Elementary School*

Mar. 13: *On Time, On Task, and Organized: Using Technology to Build Executive Function Skills.* Shelley Haven, ATP, RET, Tech Potential



Anxiety & Depression

It's hidden and it hurts.

Anxiety is often the number one problem interfering with kids' emotional well-being. Anxiety can also be combined with learning and attention problems. Learn how to understand your anxious child's reactions, how to respond and how to effectively support your child with anxiety. *Preschool-High School*.

Dec. 5: *How to Help Your Anxious Young Child*

Apr. 17: *Kids Who Worry*

May 29: *The Challenges of Anxiety: How You Can Support Your Child*

Social Emotional Learning

It's the DNA of life and learning.

SEL is the #1 predictor of life success. It is the foundation upon which we all learn—about ourselves, about others and about life. Find out more about fostering skills like growth mindset, kindness, gratitude, resilience and mindfulness in your children. *Elementary-High School*

Sept. 19: *Social Emotional Learning—Building on Your Child's Strengths*

Jan. 30: *The Healthy, Well-Balanced Student*. Mary Hofstedt, Community Education Director, Challenge Success

May 8: *The Neurobiology of Stress in Teens & Mindful Pathways to Heal*. John Rettger, PhD, Mindfulness & Early Life Stress & Pediatric Anxiety Program, Stanford School of Medicine

IEPs

What do all those numbers mean?

Individual Education Plans (IEPs) can be a key to your child's success in the public school setting. But what is an IEP and how is it designed to help your child? This will help you understand and demystify the IEP process. *Elementary-High School*

Feb. 27: *Understanding Your Child's IEP*

Autism

Autism is on the rise.

We are all working to better understand the causes of autism and effective methods to support our kids with autism. We know early intervention gives children a better chance at long-term success. Find out early intervention options and strategies for helping your child. *Preschool-Middle School*.

Sept. 12: *Early Intervention & Autism—What You Need to Know*

Apr. 3: *Sensory Integration & Autism*

Apr. 24: *Building Social Skills in Kids with Autism*

Behavior

Why is my child doing that?

This series is designed to help you understand challenging behaviors better and help you foster positive behavior in your kids. *Preschool-High School*.

Nov. 14: *Tantrums, Tears and Tempers—Managing Your Young Child's Behavior*

Apr. 10: *Responding to Your Teen's Challenging Behavior*

Teen Mental Health

#youjustdontgetit

The teen years are like no other time. These years can be especially challenging for adolescents and their parents. Come and learn—gain insights, new understanding and knowledge about how you can best support your own teen. *Middle School-High School*

Sept. 26: *Helping Teens Cope with Anxiety*

#TF Nov. 28: *Parenting Wired Teens*

#TF Feb. 13: *The Power of a Growth Mindset to Build Resiliency in Teens*. Anne Ehresman, Executive Director, Project Cornerstone

#TF May 15: *Fostering Happiness Habits in Your Teen*. Randy Taran, Founder of Project Happiness

#TF May 22: *Mothers and Teen Daughters: An Interactive Panel*

#TF Jun. 5: *Gender Expression in Teens*

Jun. 12: *LGBTQ Teens & Depression*

#TF=Teen Friendly



Leading the Way at CHC

Experts at CHC bring you outstanding teams of presenters throughout the year.

Rosalie Whitlock, PhD, Executive Director

With her PhD in Diagnostic Prescriptive Education and over 30 years experience assessing and treating children facing learning differences, Dr. Whitlock is a leader in the field. She was Head of Charles Armstrong School for 11 years and is a former board member of the International Dyslexia Association.

Ramsey Khasho, PsyD, Chief Clinical Officer

Over 20 years experience evaluating and working with children, teens and their families, Dr. Khasho specializes in pediatric anxiety and depression, family therapy and forensic assessments. He also teaches graduate courses in the School of Education, Counseling Psychology Department at USF.

Joan Baran, PhD, Director of Clinical Services

With over 20 years experience working with young children, Dr. Baran's expertise includes infant and young child assessment, Autism Spectrum Disorder and developmental disabilities. She is proficient in Spanish.

Glen R. Elliott, PhD, MD, Chief Psychiatrist & Medical Director

Dr. Elliott diagnoses and treats severe psychiatric disorders in children and adolescents. He is internationally known as an expert in psychoactive medications and is the author of *Medicating Young Minds: How to Know if Psychiatric Drugs Will Help or Hurt Your Child*.

Chris Harris, MEd, Director of Esther B. Clark Schools

Chris has deep experience and success with students with learning, social emotional and attention challenges. He has directed three specialized schools for children with moderate learning disabilities and emotional challenges.

Jeff Kozlowski, MA, Head of Sand Hill School

Jeff has over 20 years of experience as an educator and champion of students, families and teachers. He has been a mentor, a teacher, a school principal and Head of School.

Cindy Lopez, Senior Program Manager, Community Education

Cindy served as the Founding Head of Sand Hill School and has 30 years of experience in PreK-12 education. She has been a classroom teacher, an administrator and a curriculum developer with a wide range of experience in working with kids, families and teachers.