



Community Education

2018–19 Sessions



**Please
join us!**

**Free for parents, educators
and professionals** who live or work with
children, teens or young adults living with ADHD,
Learning Differences, Anxiety & Depression or Autism.

chconline.org/community-education



**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.

**We hope you attend
our Community
Education sessions
and leave with a sense
of hope knowing you
are not alone. We are
happy to partner with
you as you raise your
kids and teach your
students so that they
can reach their full
promise and potential!**

Cindy Lopez

Director of Community Connections at CHC



*Cover: Brain artwork
from EdRev Expo
2018 Student Art
Contest.*

Dear Friends of CHC,

We're looking forward to bringing you another wonderful year of Community Education sessions at CHC! We hope that you will be able to attend as many sessions as you can! Please take a few moments to check it all out—we are sure that you will find sessions that resonate with you as either a parent or an educator. We are proud to offer a season filled with thought-provoking titles and outstanding expert speakers from CHC, as well as esteemed guest speakers from our community and partners. Check out these highlights:

- **Parent Education at CHC South Bay in San Jose:** New this year!
- **Parent Education at CHC Palo Alto:** 30 parent education sessions almost every Tuesday evening from September through June! 6:30 p.m. to 8:00 p.m.
- **Professional Development for Educators:** Select Thursdays at CHC Palo Alto, 4:30 p.m. to 6:00 p.m.
- **Wilson Reading training for teachers:** Hosted by Sand Hill School. If you have struggling readers in your classroom, you will want to check out this special training!
- **EdRev series:** EdRev is a community for the 1 in 5 with learning and attention issues often compounded by anxiety and depression. The popular EdRev Expo is part of our EdRev program. The Expo is a conference that takes place every spring at AT&T Park in San Francisco. This year, we are excited to include an EdRev strand as part of Community Education at CHC. Please note the EdRev series icon for sessions that are focused on those issues that are especially meaningful to parents and educators of the 1 in 5!

The live event lineup this year is going to be terrific. Please remember our outstanding online CHC Resource Library, where you can find screencasts of most of our Community Education sessions. Search the Resource Library on almost any topic related to our areas of excellence, including Autism, Anxiety & Depression, Learning Differences and ADHD and you will find pertinent articles, videos, podcasts and more! Access the CHC Resource Library at chconline.org/resourcelibrary.

See you at one of our many Community Education sessions this year!

Sincerely,



Cindy Lopez

Director of Community Connections at CHC

Community Education Themes

Anxiety & Depression

Anxiety is often the number one problem that interferes with kids' emotional well-being. One in 5 kids has experienced anxiety. Learn how to recognize and deal with signs of anxiety in your child, teen or young adult.



Autism Spectrum

The mental health community continues to work to better understand the combination of genetic and environment influences that contribute to the many types of autism. Early intervention is key to long-term success for those living with autism. Find out about navigating the world of autism services and how to support social skills development.



Classroom Strategies

Educators are in the unique position to truly make a positive impact on their students. It's not always easy. This season's sessions for educators provide helpful tools and practical strategies for reaching every student. Topics include behavior, self-advocacy, student engagement, trauma and mindfulness, learning and attention differences and executive functioning.



EdRev (LD, ADHD, ExF, SEL)

(Learning Differences, Attention Deficit Hyperactivity Disorder, Executive Functioning, Social Emotional Learning)

In spring of each year, CHC hosts the EdRev Expo event in San Francisco. The day is designed to celebrate those with learning and attention differences often accompanied by anxiety and depression. Throughout the year, CHC will continue to provide access to sessions, resources and materials on these topics including Executive Functioning and Social Emotional Learning, so parents and educators can decide how to take action.



Register at chconline.org/community-education

Positive Parenting

Parents navigate challenging pathways on a daily basis. We can all use a little help and a chance to talk to other parents. These sessions offer information and suggestions about topics like: self care, nutrition, sleep, behavior, executive functioning.



Teen Mental Health

The teen years are like no other time. These years can be especially challenging for adolescents and their parents. Sessions in this category provide insight, understandings and knowledge about how to best support a teen.



Sessions in Spanish (South Bay)

CHC is hosting seven sessions in our San Jose location this year including one in Spanish. Topics include: understanding and managing the IEP process, social media and anxiety, teen development and more.



**Leading
the
way**

How to Register for Sessions

Registration or Questions



chconline.org/community-education



communityed@chconline.org



650.617.3878

Register at chconline.org/community-education

Locations

Sessions held at both CHC campuses:



Palo Alto

650 Clark Way
Palo Alto, CA 94304



South Bay

2280 Kenwood Avenue
San Jose, CA 95128

CHC South Bay is bustling since its opening last fall. Esther B. Clark School, clinical services and community education sessions are all offered at the South Bay campus located in San Jose!

Days / Times

Parent education sessions are generally held on Tuesdays from 6:30 - 8:00 p.m.

Educator sessions are generally held on Thursdays from 4:30 - 6:00 p.m.

South Bay sessions are generally held on Wednesdays from 6:30 - 8:00 p.m.

Can't make it to a session?

Check out CHC's Online Resource Library. Screencasts of many sessions are published at chconline.org/resourcelibrary in the following week. So if you can't make it or you want to review something, sessions are just a click away.



Appointments at CHC

For an appointment with a CHC specialist:



chconline.org/help



help@chconline.org



650.688.3625 (650.688.3650 Español)

24-Hour Crisis Lines



855.278.4204 (Santa Clara) | 650.579.0350 (San Mateo)



415.781.0500 (San Francisco)














800.273.8255 or Text BAY to 741-741 (National)













**CHC
is here
for you.**

















Parent Education

When/Where	Session & Category	
Tue., Sept. 25 6:30 - 8:00 p.m. CHC Palo Alto	<i>Essential Executive Functioning Skills for Back to School.</i> Presented by Ali Meyers, MSW, Co-Director of Meyers Learning Center, Saratoga, CA [Middle School, High School]	 
Wed., Sept. 26 6:30 - 8:00 p.m. CHC South Bay	<i>Understanding ADHD & Anxiety at Home and at School.</i> Presented by Chris Harris, MEd, Director of EBC Schools at CHC [Middle School, High School]	 
Tue., Oct. 9 6:30 - 8:00 p.m. CHC Palo Alto	<i>ADHD and Learning Differences: Are They Related?</i> Presented by Sand Hill School staff and CHC Specialist [Elementary, Middle School]	 
Thur., Oct. 11 6:30 - 8:00 p.m. CHC Palo Alto	<i>Behavioral Interventions for ADHD.</i> Presented by Dr. David Anderson, Clinical Psychologist, Sr. Director ADHD and Behavioral Disorders Center, Director of Programs at Child Mind Institute, NY and Dr. Glen Elliott, PhD, MD, Chief Psychiatrist and Medical Director at CHC [Upper Elementary, Middle School, High School]	
Tue., Oct. 16 6:30 - 8:00 p.m. CHC Palo Alto	<i>Making Sense of Adolescents: Understanding Your Teen.</i> Presented by CHC Specialists [Middle School, High School]	
Wed., Oct. 17 6:30 - 8:00 p.m. CHC South Bay	<i>Angst: Raising Awareness Around Anxiety.</i> Movie screening. Q&A hosted by Chris Harris, MEd, Director of EBC Schools at CHC [Middle School, High School]	 
Tue., Oct. 23 6:30 - 8:00 p.m. CHC Palo Alto	<i>Interactive Panel: Growing Up with Learning & Attention Issues.</i> Moderator: Rosalie Whitlock, PhD, Executive Director of CHC [Middle School, High School]	










When/Where	Session & Category	
Thur., Oct. 25 4:30 - 6:00 p.m. CHC Palo Alto	<i>Experience Dyslexia: Simulation on Living with Learning Differences.</i> Presented by Sand Hill School staff <i>[All Ages]</i>	 
Tue., Oct. 30 6:30 - 8:00 p.m. CHC Palo Alto	<i>Navigating Mental Health Services for Your Child.</i> Presented by Ramsey Khasho, PsyD, CHC Chief Clinical Officer <i>[All Ages]</i>	
Tue., Nov. 6 6:30 - 8:00 p.m. CHC Palo Alto	<i>For Parents: Bold, Happy, and Whole During the Holiday Season. 4 Essential Tools to Keep Stress Low and Joy High.</i> Presented by Kanesha Baynard, MA, Certified Life Coach, founder of the Bold Living Today lifestyle community <i>[All Ages]</i>	
Tue., Nov. 13 6:30 - 8:00 p.m. CHC Palo Alto	<i>Why Is My Teen Always Tired? Nutritional Strategies for Improving Mood, Energy and Academics.</i> Presented by Wendy Sterling, MS, RD, CSSD, Registered Dietitian and a Board Certified Specialist in Sports Dietetics and Signe Darpinian, LMFT, Certified Eating Disorders Specialist (both authors of <i>No Weigh! A Teen's Guide to Positive Body Image, Food and Emotional Wisdom</i>) <i>[Middle School, High School]</i>	 
Wed., Nov. 14 6:30 - 8:00 p.m. CHC South Bay	<i>Empoderar los niños y promoviendo la autogestión (Empowering Kids and Promoting Independence).</i> Presented by CHC Specialists <i>[Elementary]</i>	 
Tue., Nov. 27 6:30 - 8:00 p.m. CHC Palo Alto	<i>Just a Thought: Teens' Reflections on Anxiety and Depression.</i> Presented by CHC's Teen Wellness Committee <i>[Middle School, High School]</i>	 



Parent Education

When/Where	Session & Category	
Tue., Dec. 4 6:30 - 8:00 p.m. CHC Palo Alto	<i>Yoga, Mindfulness and Kids.</i> Presented by CHC Specialists <i>[Elementary]</i>	 
Tue., Dec. 11 6:30 - 8:00 p.m. CHC Palo Alto	<i>Anxiety and the Twice Exceptional Child.</i> Presented by Vivien Keil, PhD, Neuropsychologist and Clinical Director at CHC and Ann Smith, Executive Director of Gifted Support Center and President of California Association for the Gifted <i>[All Ages]</i>	 
Tue., Dec. 18 6:30 - 8:00 p.m. CHC Palo Alto	<i>Helping Kids with Executive Functioning Issues Manage Behavior.</i> Presented by Jude Wolf, EdD, Director of the Center for Learning Success, Kehillah Jewish High School and Founder Jude Wolf Educational Consulting <i>[Middle School, High School]</i>	 
Tue., Jan. 8 6:30 - 8:00 p.m. CHC Palo Alto	<i>Understanding the Foundations of Dialectical Behavior Therapy (DBT) Part I.</i> Presented by CHC Specialists <i>[High School]</i>	
Tue., Jan. 15 6:30 - 8:00 p.m. CHC Palo Alto	<i>Understanding the Foundations of Dialectical Behavior Therapy (DBT) Part II.</i> Presented by CHC Specialists <i>[High School]</i>	
Wed., Jan. 16 6:30 - 8:00 p.m. CHC South Bay	<i>Teens, Social Media and Mental Health.</i> Presented by CHC's Teen Wellness Committee and My Digital TAT2 Youth Advisory Board <i>[Middle School, High School]</i>	
Thur., Jan. 17 6:30 - 8:00 p.m. CHC Palo Alto	<i>ADHD, Anxiety or Both?</i> Presented by Glen Elliott, PhD, MD, Chief Psychiatrist and Medical Director at CHC and Chris Harris, MEd, Director of EBC Schools <i>[Elementary, Middle School, High School]</i>	 

When/Where	Session & Category
Tue., Jan. 22 6:30 - 8:00 p.m. CHC Palo Alto	<i>Reducing Isolation & Anxiety in LGBTQQ+ Teens.</i> Presented by Outlet Staff (a program of Adolescent Counseling Services) <i>[High School]</i> 
Tue., Jan. 29 6:30 - 8:00 p.m. CHC Palo Alto	<i>Teen Suicide: What are the Warning Signs?</i> Presented by CHC Specialists <i>[Middle School, High School]</i>  
Thur., Jan. 31 6:30 - 8:00 p.m. CHC Palo Alto	<i>The Trans Experience: A Panel Discussion.</i> Presented by a panel. <i>[High School]</i> 
Tue., Feb. 5 6:30 - 8:00 p.m. CHC Palo Alto	<i>Strategies for Parents of Kids with ADHD.</i> Presented by CHC Specialists <i>[Elementary]</i> 
Tue., Feb. 12 6:30 - 8:00 p.m. CHC Palo Alto	<i>An Inside Look at the Psychological-Educational Evaluation.</i> Presented by CHC Specialists <i>[All Ages]</i> 
Tue., Feb. 19 6:30 - 8:00 p.m. CHC Palo Alto	<i>ADHD & Medication.</i> Presented by Glen Elliott, PhD, MD, Chief Psychiatrist and Medical Director at CHC <i>[Elementary, Middle School, High School]</i> 
Tue., Feb. 26 6:30 - 8:00 p.m. CHC Palo Alto	<i>Positive Behavior Strategies for Parents.</i> Presented by EBC School staff <i>[Elementary]</i> 

Parent Education

When/Where	Session & Category	
Wed., Feb. 27 6:30 - 8:00 p.m. CHC South Bay	<i>Managing Transition: Developing a Strengths-Based IEP.</i> Presented by Chris Harris, MEd, Director of EBC Schools <i>[Middle School, High School]</i>	
Tue., Mar. 5 6:30 - 8:00 p.m. CHC Palo Alto	<i>Understanding Your IEP: Self Advocacy Skills.</i> Presented by Chris Harris, MEd, Director of EBC Schools <i>[All Ages]</i>	
Thur., Mar. 7 6:30 - 8:00 p.m. CHC Palo Alto	<i>Navigating Mental Health Services for Your Child.</i> Presented by a Ramsey Khasho, PsyD, CHC Chief Clinical Officer at CHC and panelists. <i>[All Ages]</i>	 
Tue., Mar. 19 6:30 - 8:00 p.m. CHC Palo Alto	<i>Helping Middle School Students Get Ready for High School.</i> Presented by Sand Hill School staff <i>[Middle School]</i>	 
Tue., Apr. 2 6:30 - 8:00 p.m. CHC Palo Alto	<i>Navigating Autism Services.</i> Presented by Gina Baldi, MEd, Early Support Program for Autism (ESPA) Parent Educator and Christina Ardel, MA, BCBA, Early ESPA Care Coordinator <i>[Young Child]</i>	
Tue., Apr. 9 6:30 - 8:00 p.m. CHC Palo Alto	<i>Self Advocacy Skills for Kids: A Teen Panel.</i> Presented by Teen panel <i>[Middle School, High School]</i>	
Tue., Apr. 16 6:30 - 8:00 p.m. CHC Palo Alto	<i>Sleepy Teens: What is Really Going On?</i> Presented by Rafael Pelayo, MD, Clinical Professor Psychiatry & Behavioral Services Stanford Center for Sleep Sciences and Medicine <i>[Middle School, High School]</i>	

When/Where	Session & Category	
Wed., Apr. 17 6:30 - 8:00 p.m. CHC South Bay	<i>Family Dynamics: Impact of Learning Differences on the Family.</i> Presented by Chris Harris, MEd, Director of EBC Schools at CHC <i>[All Ages]</i>	
Tue., Apr. 23 6:30 - 8:00 p.m. CHC Palo Alto	<i>Family Dynamics: Impact of Learning Differences on the Family.</i> Presented by Chris Harris, MEd, Director of EBC Schools at CHC <i>[All Ages]</i>	
Tue., Apr. 30 6:30 - 8:00 p.m. CHC Palo Alto	<i>Teens, Social Media and Mental Health.</i> Presented by CHC Teen Wellness Committee and My Digital TAT2 Youth Advisory Board <i>[Middle School, High School]</i>	
Tue., May 14 6:30 - 8:00 p.m. CHC Palo Alto	<i>The Brain Science of Learning Differences.</i> Presented by Fumiko Hoeft MD PhD, Director of Brain Imaging Research Center, Professor of Univ of Connecticut Psychological Sciences, UCSF Dyslexia Center, Yale Child Study Center and Senior Scientist at Haskins Labs <i>[All Ages]</i>	
Tue., May 21 6:30 - 8:00 p.m. CHC Palo Alto	<i>Navigating Teen Relationships & Understanding Teen Relationships in the Digital World.</i> Presented by Health Connected and My Digital TAT2 <i>[Middle School, High School]</i>	
Tue., May 28 6:30 - 8:00 p.m. CHC Palo Alto	<i>Building Social Skills in Kids with Autism.</i> Presented by Shirir Megiddo, MS, CCC-SLP, BCS-CL, CHC Speech - Language Pathologist, Nova Consunto, CCC-SLP, CHC Speech-Language Pathologist <i>[Elementary]</i>	

Sand Hill School



Do you know a child with dyslexia or other learning and attention issues?

We can help. Sand Hill School is an independent day school with strengths-based learning for 1st–8th grade kids with dyslexia and other learning differences. We believe in the promise and potential of every child.

Apply now or schedule a visit.

**Sand Hill
School**

650.688.3605

info@sandhillschool.org

650 Clark Way, Palo Alto, CA 94304



sandhillschool.org

Esther B. Clark Schools



Do you know a child with severe behavioral or emotional challenges?

We can help. Esther B. Clark School (EBC) is a therapeutic day school for emotionally disturbed (ED) or other health impaired (OHI) children in grades 2-10. We believe in the promise and potential of every child, teen and young adult.

Learn more about our schools, or schedule a tour.

**EBC
School
PALO ALTO**

650.688.3634
ebcpa@chconline.org
650 Clark Way
Palo Alto, CA 94304

**EBC
School
SOUTH BAY**

408.816.2018
ebcsb@chconline.org
2280 Kenwood Avenue
San Jose, CA 95128



chconline.org/ebc

Free Parent Consultations



You know you would do anything for your child.

Sometimes you just need help figuring out what that is.
Concerned about your child? Explore options with a CHC expert.

Schedule a free 30-minute care consultation.












**Clinical
Services**

650.688.3625
or Español 650.688.3650
help@chconline.org
650 Clark Way
Palo Alto, CA 94304

www.chconline.org/help



Professional Development for Educators

When/Where	Session & Category	
Thur., Sep. 27 4:30 - 6:00 p.m. CHC Palo Alto	<i>Cultural Considerations for the Classroom.</i> Presented by Jennifer Coloma, PhD, CHC Psychologist	 
Thur., Oct. 25 4:30 - 6:00 p.m. CHC Palo Alto	<i>Experience Dyslexia: Simulation on Living with Learning Differences.</i> Presented by Sand Hill School staff <i>[All Ages]</i>	 
Thur., Nov. 15 4:30 - 6:00 p.m. CHC Palo Alto	<i>When Kids Can't Read: Word Attack Skills for Struggling Readers.</i> Presented by Sand Hill School staff <i>[Elementary]</i>	 
Thur., Nov. 29 4:30 - 6:00 p.m. CHC Palo Alto	<i>Managing Disruptive Behavior in the Classroom.</i> Presented by EBC School Staff <i>[Elementary, Middle School]</i>	
Thur., Jan. 24 4:30 - 6:00 p.m. CHC Palo Alto	<i>Teaching Middle School Students with ADHD.</i> Presented by Sand Hill School staff <i>[Middle School]</i>	 
Thur., Feb. 7 4:30 - 6:00 p.m. CHC Palo Alto	<i>The Trauma-Informed Classroom: Creating a Safe, Supportive Learning Environment.</i> Presented by Jennifer Coloma, PhD, CHC Psychologist	 

When/Where	Session & Category	
Thur., Feb. 28 4:30 - 6:00 p.m. CHC Palo Alto	<i>Student Engagement in the Elementary Classroom.</i> Presented by Sand Hill School staff <i>[Elementary]</i>	 
Thur., Mar. 21 4:30 - 6:00 p.m. CHC Palo Alto	<i>Teaching Executive Functioning Skills in the Elementary classroom.</i> Presented by CHC Specialists <i>[Elementary]</i>	 
Thur., Apr. 11 4:30 - 6:00 p.m. CHC Palo Alto	<i>Teaching Executive Functioning Skills in Middle and High School.</i> Jude Wolf, EdD, Director of the Center for Learning Success, Kehillah Jewish High School and Founder Jude Wolf Educational Consulting <i>[Middle School, High School]</i>	 
Thur., Apr. 18 4:30 - 6:00 p.m. CHC Palo Alto	<i>Teaching Strategies to Build Self Advocacy Skills in Students.</i> Presented by EBC School Staff <i>[Middle School, High School]</i>	 

Teachers
are
superheroes



Wilson Literacy Courses



Wilson Reading System® (WRS) is specifically designed for students who have a language-based learning disability, such as dyslexia. Attend these courses to learn effective strategies to teach struggling kids in your classroom. Participants in the Intro Course will be eligible to sign up for Level 1 Wilson Training and earn their Wilson Dyslexia Practitioner Certificate during the 2018-19 school year.

Wilson Reading System® Introductory Course	Wilson Reading System® Level 1 Certification 1 Year course	Advanced Strategies for Multisensory Structured Language Group Instruction Course (WRS Group Mastery)
Aug. 15 - 17, 2018 9:00 a.m. - 4:00 p.m.	Begins Sept. 7, 2018 9:00 a.m. - 3:30 p.m.	Aug. 22 - 24, 2018 9:00 a.m. - 3:30 p.m.
Cost: \$650 per person Duration: 3 days Location: CHC 650 Clark Way, Palo Alto	Cost: \$2300 per person Duration: 1 year Location: CHC 650 Clark Way, Palo Alto	Cost: \$650 per person Duration: 3 days Location: CHC 650 Clark Way, Palo Alto

FOR REGISTRATION OR MORE INFORMATION VISIT:
chconline.org/literacy-courses

Questions?

Contact Lisa Parnello, MEd at lparnello@sandhillschool.org



Sand Hill School

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

EdRev Expo

Saturday, May 4, 2019
AT&T Park, San Francisco

EdRev
Expo

A unique annual event for the 1 in 5 students who learn differently and all who support them

CHC's EdRev Expo is an admission-free annual conference to promote awareness, access and action for the 1 in 5 with learning or attention issues, often accompanied by anxiety and depression. Students, parents and educators connect to share experiences and resources.

EdRev Expo combines an educational conference with a celebratory day for the family, featuring an array of workshops, exhibitors, and student activities. Something for the whole family!

Visit EdRevSF.org/expo for updates about EdRev Expo 2019. For more information, please contact edrev@chconline.org.



EdRevSF.org/expo



For Parents | AT A GLANCE

For additional details, please see pages 8-13.

- Sept. 25** Essential Executive Functioning Skills for Back to School
- Sept. 26** Understanding ADHD and Anxiety: At Home and at School
- Oct. 9** ADHD & Learning Differences: Are They Related?
- Oct. 11** Behavioral Interventions for ADHD
- Oct. 16** Making Sense of Adolescents: Understanding Your Teen
- Oct. 17** Angst: Raising Awareness Around Anxiety
- Oct. 23** Interactive Panel: Growing Up with Learning & Attention Issues
- Oct. 25** Experience Dyslexia: Simulation on Living with Learning Differences
- Oct. 30** Navigating Mental Health Services for Your Child
- Nov. 6** For Parents: Bold, Happy, and Whole During the Holiday Season
- Nov. 13** Why Is My Teen Always Tired? Nutritional Strategies for Improving Mood, Energy and Academics
- Nov. 14** Empoderar los niños y promoviendo la autogestión
- Nov. 27** Just a Thought: Teens' Reflections on Anxiety & Depression
- Dec. 4** Yoga, Mindfulness and Kids
- Dec. 11** Anxiety and the Twice Exceptional Child
- Dec. 18** Helping Kids with Executive Functioning Issues Manage Behavior
- Jan. 8** Understanding the Foundations of Dialectical Behavior Therapy (DBT) Part I
- Jan. 15** Understanding the Foundations of Dialectical Behavior Therapy (DBT) Part II
- Jan. 16** Teens, Social Media and Mental Health
- Jan. 17** ADHD, Anxiety or Both?
- Jan. 22** Reducing Isolation & Anxiety in LGBTQ+ Teens
- Jan. 29** Teen Suicide: What are the Warning Signs?
- Jan. 31** The Trans Experience: A Panel Discussion
- Feb. 5** Strategies for Parents of Kids with ADHD
- Feb. 12** An Inside Look at the Psychological-Educational Evaluation
- Feb. 19** ADHD & Medication
- Feb. 26** Positive Behavior Strategies for Parents
- Feb. 27** Managing Transition: Developing a Strengths-Based IEP
- Mar. 5** Understanding Your IEP: Self Advocacy Skills
- Mar. 7** Navigating Mental Health Services for Your Child
- Mar. 19** Helping Middle School Students Get Ready for High School
- Apr. 2** Navigating Autism Services
- Apr. 9** Self Advocacy Skills for Kids: A Teen Panel
- Apr. 16** Sleepy Teens: What is Really Going On?
- Apr. 17, 23** Family Dynamics: Impact of Learning Differences on the Family
- Apr. 30** Teens, Social Media and Mental Health
- May 14** The Brain Science of Learning Differences
- May 21** Navigating & Understanding Teen Relationships in the Digital World
- May 28** Building Social Skills in Kids with Autism

For Educators | AT A GLANCE

For additional details, please see pages 16 -17.

- Sept. 27** Cultural Considerations for the Classroom
- Oct. 25** Experience Dyslexia: Simulation on Living with Learning Differences
- Nov. 15** When Kids Can't Read: Word Attack Skills for Struggling Readers
- Nov. 29** Managing Disruptive Behavior in the Classroom
- Jan. 24** Teaching Middle School Students with ADHD
- Feb. 7** The Trauma-Informed Classroom: Creating a Safe, Supportive Learning Environment
- Feb. 28** Student Engagement in the Elementary Classroom
- Mar. 21** Teaching Executive Functioning Skills in the Elementary classroom
- Apr. 11** Teaching Executive Functioning Skills in Middle and High School
- Apr. 18** Teaching Strategies to Build Self Advocacy Skills in Students

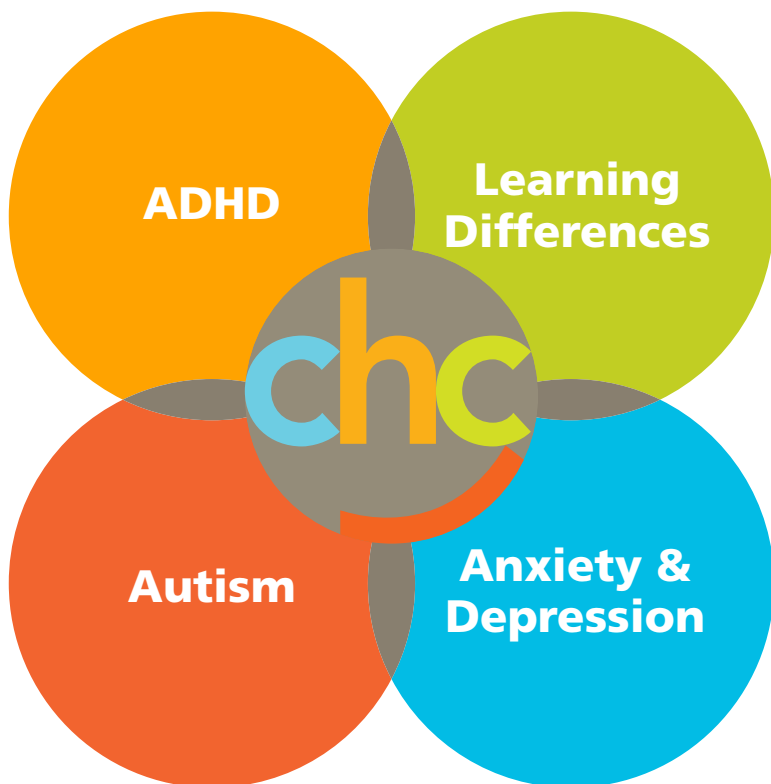
Register at chconline.org/community-education



Artwork from EdRev Expo 2018 Student Art Contest

We believe in a world where every child,
teen and young adult can reach their
promise and potential

Offering evaluations, treatment and programs for:



At CHC, we remove barriers to learning,
helping children, teens and young adults become
resilient, happy and successful
at home, at school and in life.

Schedule an appointment today



650.326.5530



chconline.org



info@chconline.org



*Top-rated education and mental health services
for children, teens and young adults for 65 years*

Clinical Services

Evaluations, therapy, consultations, Intensive Outpatient Program. Services in Palo Alto, Ravenswood and South Bay.

Sand Hill School

An independent day school with strengths-based learning for 1st – 8th grade kids with dyslexia and other learning and attention differences.

Esther B. Clark Schools

Therapeutic day schools serving students with emotional and behavioral challenges from 59 school districts in our community. Campuses in Palo Alto and San Jose.

Community Connections

Classes, workshops, and conferences; EdRev Expo; student advocacy; support groups; partnerships; volunteer programs; and online resources.

Call 650.688.3625 for an appointment. ***We're here to help.***

2018-19 Board of Directors

Rebecca B. Robertson, Chair; Catherine Harvey, Vice Chair; Julie Terrell Hooper, Vice Chair; Jere King, Vice Chair; Elaine Hahn, Secretary; Manuel Henriquez, Treasurer; Rosalie Whitlock, Executive Director; Manisha Agrawal, Ben Choi, Suzanne Crandall, Mary Jane (MJ) Elmore, Calla Griffith, Merrilee Harris, Steve Heitel, Nicole Keller, Wendy Kinstler, Anne Lawler, Edward Levine, Debra McCall, Renu Nanda, Peter Oshman, Maeve Richard. Diane Bottoms, Auxiliary President and Board Attendee

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Children's Health Council

650 Clark Way • Palo Alto, CA 94304 • 650.326.5530
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FREE Community Education 2018-19



Children's Health Council

650 Clark Way • Palo Alto, CA 94304
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SPRING 2019