

# PARENT EDUCATION NIGHT

WASHINGTON COUNTY  
SCHOOL DISTRICT

UPCOMING 2023-2024 EVENTS OPEN  
TO ALL PARENTS PRE-K TO 12TH  
STARTS AT 6:00 PM



**11  
SEP**  
Desert  
Hills High

## ESTABLISHING HEALTHY BOUNDARIES

Parenting can be the most rewarding calling we can have. It can also be fraught with challenges. We will be exploring how healthy boundaries and expectations can enhance your parenting success. This will include understanding the 4 parenting styles, and how to apply concepts learned. We will also talk about pitfalls to avoid and working with resistance from your teen. **Presenter: David Allred CMHC, Bluechip**

**02  
OCT**  
Dixie High

## STAYING CONNECTED TO YOUR CHILD

Parenting children in today's tech-driven world can be challenging. Our children often feel overwhelmed by the amount of information that bombards them daily. Helping them navigate this can be difficult for us. This presentation will offer parents/caregivers evidence-based strategies to help you better understand, connect with, and empower your child(ren).

**Presenter: Chad Graff Ph.D., LMFT, LCMHC, TrueAnchor**

**13  
NOV**  
Snow Canyon  
Middle

## RAISE EMOTIONALLY RESILIENT KIDS

Come learn today's most powerful psychology principles from DBT, CBT, Neuroscience, Attachment, and Resilience Research with us. These clinical principles are what we teach in counseling and therapy sessions to help families cope with overwhelming emotions in healthy ways. Why wait until our kids have addiction, criminal behavior, or overwhelming mental health challenges, we will teach them how to be more Emotionally Resilient.

**Presenter: Ben Harris LSCDC, CEO Life Launch**

**11  
DEC**  
Hurricane  
High

## EMOTIONAL COACHING PARENTING.

Research shows that the greatest predictor of our children's outcome in life is emotional intelligence. In this workshop, Thurmon will present simple, proven methods to help parents and guardians improve their children's emotional IQ. He will also discuss the warning signs of mental illness and share some quick tips on digital safety. This workshop will be fun, fast-paced, and interactive. You will walk away with tools you can immediately put into practice to help your children find greater success in life. **Presenter: Thurmon Thomas LMFT-, Ascend Counseling**

**08  
JAN**  
Pine View  
High

## PARENTING ANXIOUS KIDS

Having anxiety yourself is really hard. Having children with anxiety is too. Even when you struggle to manage your own anxiety it doesn't prepare you for how best to support your children. Many parents learn that what seems like the "right" thing to do to help their children may tend to help in the short term but make things worse in the long run. If you are discouraged with the way things are going with your anxious child and looking for some new tools to help support them and coach them through the rough spots, come get some tips and learn some new strategies. You are not alone.

**Presenter: Timandra Fawson LMFT, Bluechip**

**05  
FEB**  
Dixie High

## SUICIDE - 3 THINGS EVERY FAMILY NEEDS TO KNOW

With suicide as the #1 cause of death for teens in Utah, every family needs to know these 3 things to keep their loved ones safe. We'll discuss risk factors, warning signs, and what to do when you find someone in crisis. Most of all we'll discuss what we can do to dispel myths about suicide and what we can do to prevent it.

**Presenter: Joe Newman, Life Launch**

**04  
MAR**  
Snow Canyon  
Middle

## FOSTERING MOTIVATION AND FOCUS IN KIDS AND TEENS WITH ADHD

Whether or not your child has been diagnosed with ADHD, come learn science-backed strategies to boost their motivation and focus! Gain insight about when an ADHD diagnosis is helpful and how to optimize your child's school experience.

**Presenter: Dr. Mary Wilde, Imagine Pediatrics**

**08  
APR**  
Desert Hills  
High

## CONNECTION AND COMMUNICATION

"Proximity to a loved one tranquilizes the nervous system. It is the natural antidote to the inevitable anxieties and vulnerabilities of life" (Johnson, 2004). As humans, we are wired to connect. Both emotional and physical proximity to our loved ones is essential for our bodies to feel calm and safe. Learn how this deep connection impacts our interactions both as families and parents, and gain skills and understanding to maintain more supportive proximity to those we love.

**Presenter: Rebecca Grondel MA, LMFT Owner Abundance Family Therapy**

**06  
MAY**  
Fossil Ridge  
Interm.

## CORE PARENTING:

How understanding personality and attachment can help parents be a safe-base for their kids to launch successfully into life.

**Presenter: Cary MacArthur LMFT, Bluechip Counseling**