

Save The Dates

Parent Programs Sponsored by our Guidance Department Health & Wellness Program

To find out more about other Health & Wellness programs listed please contact Selina McGuire at 847-920-2512 or smcquire@loy.org

Open to all area parents and educators. No registration necessary. No fee.

Teen Relationship Culture & Launch of Parent Webinar Series Katie Koestner Wednesday, September 10, 2008 Chapel

Presentation is hosted by the Mother's Club and is preceded by a Mother's Club Mass at 9:00am.

Is your son hot or not? Has your daughter "faced the jury?" Katie Koestner is an expert on teen relationship issues and will give a captivating delivery on her vast knowledge about the teen relationship scene. Open to Loyola Academy Mother's Club

Yes, Your Teen Is Crazy! Dr. Michael Bradley Wednesday, September 17, 2008 7:00pm East Gym

You'll learn: how the enigmatic teen brain works (and how it doesn't work); The Ten Commandments of parenting your teen; The three top ways to earn your kid's respect (and the three top ways to destroy it; Drugs - the Dos and DON'Ts; Sex & Dating – what every parent needs to know

Trouble With Boys Peg Tyre Wednesday, September 24, 2008 7:00pm East Gym

Peg Tyre, Pulitzer Prize-winning author, will speak about her book, **The Trouble With Boys: A Surprising Report Card on Our Sons, Their Problems at School, and What Parents and Educators Must Do**. Tyre will speak about the difficulty boys experience in classrooms and share some frightening statistics pertaining to the educational challenges of male students. Tyre will share testimony from teachers and administrators she has worked with, as well as techniques for parents and educators who are trying to motivate boys to learn.

Stressed Out Girls Roni Cohen Sandler Wednesday, January 14, 2009 7:00pm East Gym

Roni Cohen-Sandler will share her clinical expertise and research to give us a rare glimpse into the inner lives of teens. Teen girls today are feeling more pressured than any previous generation to "make it" in this culture. Though often hidden from parents and educators, their stress is wreaking havoc on their self-esteem, academic performance and well-being. Roni Cohen-Sandler will share strategies to decrease their stress, boost their resilience and facilitate success in and out of the classroom.

Keeping Adolescence Healthy in a Toxic World Dr. Aaron White Wednesday, March 25, 2009 7:00pm East Gym

Dr. Aaron White, one of the leading researchers of adolescent brain development in the nation, will explore the influences faced by today's kids and communities in an increasingly complex world. He will discuss the pressures teens cope with and how parents can help them grow into healthy and productive adults.

The Pressured Child Dr. Michael Thompson Tuesday, April 21 7:00pm East Gym

Dr. Thompson describes the psychological journey that children experience during their first thirteen years in school. He reminds parents that children are almost never judging themselves by grades: they are always monitoring their own development and searching for three things: connections, recognition and a sense of power. He will share his experiences and how the best educators and wisest parents can support them along the way. Dr. Thompson has spoken at or consulted to more than 500 schools in the U.S. and abroad. He has appeared on the *Today Show*, the *Oprah Winfrey Show*, *20/20* and *60 Minutes*.

Join with parents across the country for a series of online seminars. Hear from nationally known presenters, authors, experts, and psychologists once a month on eight critical parenting issues over the school year. Each webinar is broadcast on a Monday evening of each month. Please join us in the East Gym for the broadcast and to share food and friendship.

Monday, October 6, 2008

Topic: Alcohol and High Risk Drinking Special Focus: Brain Chemistry and Alcohol

Monday, November 3, 2008

Topic: Learning and Study Skills Special Focus: ADD and ADHD

Monday, December 8, 2008

Topic: Drugs and Addictions Special Focus: Prescription Drug Abuse

Monday, January 5, 2009

Topic: Cyber Space and Technology Special Focus: Digital Dossier and Privacy

Monday, February 2, 2009

Topic: Eating Disorders and Body Image Special Focus: Nutrition Supplements and Compulsive Exercise

Monday, March 2, 2009

Topic: Bullying and Harassment Special Focus: Cyber Bullying

Monday, April 6, 2009

Topic: Healthy Relationships Special Focus: Teen "Hook-Up" Culture

Monday, May 4, 2009

Topic: Depression and Mental Health Special Focus: Happiness and Moods

