

# The Easton Redding Community Coalition

Joel Barlow PTSA, Easton PTA, John Read PTA and PTA Council, Lifetouch Studios, Easton PBA, Physicians for Women, Insight Counseling, RYASAP, HVCASA and DMHAS

present:

## The Sixth Annual Family University

### *"Mind, Body and Spirit"*

*What can you do to protect your child from high risk harm; from premature sexuality, substance abuse, depression and more? Research consistently demonstrates that parents' influence and guidance is the key protection for all children and teens. The Family University is an annual opportunity for parents and Middle and High School students to come together with school staff and local experts to learn and share together. All families in Easton and Redding are encouraged to attend with children in the 5<sup>th</sup> – 12<sup>th</sup> grades. A family meal will be served and there is ample time for socializing and connecting with other parents and school personnel. There are door prizes for teens and opportunities for extra credit for JBHS students. Families are encouraged to invite the parents of their children's friends and meet and greet new friends within the community.*

**When:** Monday, May 18th 2009, 6 - 9 p.m.

**Where:** Joel Barlow High School

#### Program Schedule:

**6:00 - 6:30** Family Dinner

**6:30 - 6:50** **Keynote Speaker: Leif Becker**, internationally recognized competitor, coach, performer and author of *Breaking Barriers*. Leif creates excitement and motivation to individuals on their personal and professional lives.

**7:00 - 7:55** **Break-Out Session #1**

**8:00 – 9:00** **Break-Out Session #2**

**Break-Out Sessions:** Each participant will be attending 2 sessions. Please provide 3 choices in your registration in case one of your sessions is full:

**1) Texting, Sexting, and Social Networking: The Dangers of Cyberspace** - Officer Mark Pastor of the Easton Police Department, DARE officer, and Richard Colangelo, Senior Assistant State's Attorney in the Judicial District of Stamford / Norwalk, will speak about the lasting impact of our changing social world. Internet access will be open to demonstrate the powers and dangers of networking.

*MS/HS students only session 1: MS/HS parents only session 2*

**2) With Respect to Sex...** - Dr. Pat Gillotti, MD, OB/GYN will discuss issues related to teens emerging sexuality including sexually transmitted diseases, the Gardasil vaccine and other health and safety issues.

*MS/HS parents only session 1: MS/HS students only session 2*

**3) Some Assembly Required: Using Assets to Raise Happy, Healthy Kids** - Gina M. Pin, MS, Assistant Principal, Joel Barlow High School. This practical workshop will explore how using the 40 Developmental Assets can refocus our parenting skills; shifting from a laundry list of deficits to a strength model of healthy options and usable parenting tips.

*MS/HS parents*

**4) Make the Right Choices: Healthy and Delicious Nutrition for Adolescents** – Alice Smith, American Council on Exercise Certified Personal Trainer and CHEK Institute Holistic Life Coach. Alice will present real life information and guidance for eating healthy and feeding teens good food they will eat.

*MS/HS parents and students*

**5) Transitioning from High School to College-** Daria Rockholz, PhD, Anne Kipp, Assistant Principal, Paula Panos, Director of Guidance and former JBHS students will present a positive game plan for a smooth transition to the college scene.

*Session 1: 9th & 10th graders and parents : Session 2 11th & 12th graders and parents*

**6) Importance of Performance Training, Nutrition and Injury Prevention for Today's Athlete** - Keith Deyo, co-owner of the EDGE Performance Training (Bethel, CT) and JBHS Athletic Trainer will discuss care of today's athlete.

*MS/HS parents and students*

**7) Balance: Can't Achieve Without It-** Leif Becker, internationally recognized competitor, coach, and performer will help students and parents understand the connection between mind, body and soul in achievement.

*MS/HS parents and students*

**8) Just Breathe: Stress Management for Adolescents-** Pam Crowcroft, CADC and Michael Intemann, JBHS Health/PE teacher, will teach habits of mind and body for stress reduction.

*MS/HS students only*

**9) Team Building through Adventure Programming-** Jeffrey Brown, MA Therapeutic Recreation, Health Teacher, JBHS Mike Santangeli, JBHS Administrator for Athletics/Health and PE will take participants through a session on cooperation, collaboration, communication and trust. This workshop uses creative problem solving techniques, resourcefulness and risk taking.

*MS/HS students only*

**10) Walk The Line -** Doug Fuchs, Police Chief, Redding will use "Foggles," goggles that simulate the effects of alcohol on the brain, to demonstrate what it feels like to be under the influence of alcohol. Students will experience how drinking messes with your perception of things and discuss how this can impact behavior.

*MS/HS students only*

**11) Building the Bridge-** Transition from Middle School to High School - Henry DelAngelo, JBHS School Counselor Brian Luzietti, JBHS Science Teacher and current Barlow students will share the secrets of a smooth transition to high school.

*MS parents and students*

**12) How to Parent in Stressful Financial and Personal Times-** Elizabeth Driscoll Jorgensen CADC, owner Insight Counseling will present a workshop all about values and focusing on what is really important, spending time with your kids, setting limits on them (and on ourselves).

*MS/HS parents only session 1*

**13) How to be Happier in A Stressful World -** Elizabeth Driscoll Jorgensen CADC, owner Insight Counseling. Guess what happiness data shows? When we are honest, hardworking and connected to others, we are happy. This workshop will present a model for teens to positively face challenges and setbacks.

*MS/HS students only session 2*

**14) Keystone Kids -** Carlos Collazo, Executive Director Boys and Girls Club of Redding, Lisa Bunce, Dietitian, Nutritionist, Writer, Speaker and the Keystone Kids will discuss and demonstrate the power of leadership and volunteering in today's world.

*MS/HS parents and students*

**15) A Friend in Need, Needs Friends Indeed-** Young, recovering addicts and staff from Mountainside Lodge will help us understand how to recognize signs in friends who may be dealing with depression, addiction, eating disorders and risky behaviors. How can we be "good" friends?

*MS/HS students only*

**16) The Top 10-Maximize Your College Options -** Deborah B. Davis is an education & career planning consultant who will address what college admissions offices focus on when evaluating prospective students so that you can maximize educational opportunities

*MS/HS parents and students*

## **Registration**

To reserve your place in The Family University please RSVP by e-mail to: Dana Johnson [danaj@eastonreddingcc.org](mailto:danaj@eastonreddingcc.org) or fax this form to (203) 374-9182. You may also access this brochure at our website: [www.Eastonreddingcc.org](http://www.Eastonreddingcc.org). Call Maryanne Pieratti at Joel Barlow HS, 938-2508 x1524, with any questions. Please, no phone registrations. RSVP is due by May 17<sup>th</sup>. When registering, please list the name of each person attending, contact phone number and note 3 break-out session choices by number. The third will only be used if the first or second choice is full.

**Name & Phone**

**BREAK-OUT #1**

**BREAK-OUT #2**

**BREAK-OUT #3**

**1)**

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**2)**

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**3)**

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**4)** There is a suggested donation of \$10 for each adult attending. Payment is tax deductible and can be made upon check in on the 18<sup>th</sup>.

Checks should be made payable to "ERCC"

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