



RAISING HEALTHY FAMILIES: BUILDING CONNECTION, COMPASSION, AND COMMUNITY

Co-hosted by
Community Institute for Psychotherapy &
The Marin County Office of Education

One of the best ways to prepare young people for the future is to teach them how to form healthy relationships, relationships that matter. This is even more important today, when technology often creates a false sense of connection and many young people experience social isolation. So how do we help young people navigate the most difficult challenges they face?

We invite you to join Bay Area experts and community leaders in a day of learning designed for parents, caregivers, and educators. Learn how mindfulness can strengthen your relationships with young people, how to set healthy boundaries around technology, and how to help kids understand and be compassionate about differences. Speakers will share the latest research and practical strategies for raising young people who are curious, kind, and resilient.

Spanish translation will be available during the event. For more information, please visit cipmarin.org or call (415) 459-5999 x101



All event proceeds go directly to support CIP's safety-net programs. Through our sliding scale and pro bono services, CIP, a nonprofit, 501c3 organization, assures that disadvantaged families and individuals have access to the quality mental health care they need to enjoy emotional stability and live full, productive lives.

SATURDAY
MARCH 3, 2018
8:30 AM – 4:30 PM
Marin County Office
of Education
1111 Las Gallinas Ave,
San Rafael

**BUILDING AN
INCLUSIVE
COMMUNITY:**
RAISE CHILDREN WHO ARE
COMPASSIONATE ABOUT
DIFFERENCE

**MINDFULNESS IN
PARENTING:**
HOW TO BE PRESENT WITH
OUR CHILDREN

**THE ILLUSION OF
CONNECTION:**
PARENTING IN THE AGE OF
TECHNOLOGY

Public Admission:
Register online at
cipmarin.org or call
415.459.9999 x101
Suggested donation of
\$75, \$50, \$25 or
scholarships available

*Lunch from Boudin Bakery
available by pre-order online
for \$14*



Community Institute for Psychotherapy
1330 Lincoln Avenue, Suite 201
San Rafael, CA 94901

Keynote by Matt Willis, MD, MPH, Public Health Officer for Marin County



Marin's Public Health Officer since 2013, Dr. Willis is a champion for innovative and highly collaborative approaches to complex public health challenges. A Marin native, he calls on experiences as a physician, public health advocate, and father to build common understanding and compassion-based solutions to pervasive local challenges, from health inequities to substance use. He is a member of several state task forces dedicated to the opioid epidemic and has shared the community-based substance use prevention model RxSafe Marin in state and national forums.

Building an Inclusive Community: How to Raise Children Who Are Compassionate About Difference



In a time when both national and local politics can be divisive, it is more important than ever for us to raise children who are compassionate and inclusive of others. In this panel discussion, we invite four community experts to share up-to-date information about the impacts of social isolation and exclusion in our community, as well as strategies for talking about difference and creating more inclusive communities, starting with our own families.

Moderated by **Carrie Sterns**, Jeremiah Fellowship Director at Bend the Arc: A Jewish Partnership for Justice. Panelists include **Janna Barkin**, author, speaker, proud mother of transgender son; **Karen DeVaney, PsyD**, licensed clinical psychologist; **Pepe Gonzalez**, principal of Laurel Dell Elementary School; and **Karen Kaplan**, Executive Director of Wings Learning Center and Executive Director of Offerings.

Mindfulness in Parenting: How to Be Present with Our Children



A Zen Master was once asked, "What is the point of practice?" And the Master replied, "To offer the appropriate response." As parents and caregivers, knowing and offering the "appropriate" response to our children can be so challenging. Explore how mindfulness practices can help parents and other caregivers respond to children with compassion, understanding, and love. Session will include short guided meditations, small group discussions, and practical ideas for applying these teachings at home.

Presented by **Grace Fisher, LMFT, JD, M.Ed**, teacher at Spirit Rock Insight Meditation Center.

The Illusion of Connection: Parenting in the Age of Technology



As communications technology has evolved, the amount of time people spend online has increased dramatically. How is this change affecting the nature of parent-child relationships? What is the impact of compulsive Internet use in children and adults? How should parents respond to the ever-present call of internet use, and what strategies can we use to teach and protect our children?

Presented by **Mark Edwards, MS, LMFT**, psychotherapist, consultant and lecturer at Sonoma State University.

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NAMI Marin ▲ San Rafael City Schools

A Resource Exhibition with information about Conference Sponsors and Community Partners will be open throughout the day.