



2021 Raising Healthy Families Community Education Series

Join us for this **FREE** informative education series as we examine important issues facing today's families. Presentations by noted Bay Area experts will offer tools and strategies to empower you to help raise children who are curious, compassionate, and resilient.



Understanding Mental Health in the Latinx Community to Create Strong Families

Presented by Angela Arenas, LMFT & Juanita Zuniga, PsyD

When: Wednesday, March 3, 2021, 6pm – 8pm

Where: Albert J. Boro Community Center



This two-hour presentation will help you learn more about mental illness, and how being able to recognize the signs in your child can help them and your family to return to health. Angela Arenas, LMFT, and Juanita Zuniga, PsyD, will explain the potential harm that is caused by not recognizing mental health symptoms in our children, which can lead to increased anxiety, depression, self-harm, suicide, and substance use.



Raising Resilient Kids: Teaching Kids to Bounce Back from Stress and Difficulty

Presented by Mark Edwards, LMFT

When: Tuesday, March 9, 2021, 6pm – 8pm

Where: San Rafael Community Center

This class will outline current discussions about resilience in children and adults, and suggest strategies and techniques for parents of K-12 children. The presenter will outline research describing characteristics of resilience, protective factors, the "Seven C's" of resilience, and practical strategies to encourage and enhance resilience in our children.



Raising Wise Girls: Helping Develop Self-Esteem in the Age of Social Media

Presented by Sierra Dator, LCSW

When: Tuesday, March 16, 2021, 6pm – 8pm

Where: San Rafael Community Center

As parents, educators, and community leaders, we can empower girls to grow into strong, confident young people when we understand teen development; know the signs of depression and anxiety; and see the unique challenges they face through social media and the changing world. With this understanding, we can gain the tools to build connection and conversation. Please join Sierra Dator in a conversation on how to best support and empower teen girls in our community during the sacred and rocky time of adolescence.



Prevent Adolescent Substance and Behavior Problems Using Systemic Approaches to Promote Harmony and Safety for the Whole Family

Presented by Kenneth Perlmutter, PhD

When: Tuesday, March 30, 2021, 6pm – 8pm

Where: San Rafael Community Center

This presentation will offer attendees insight into the influences and dynamics within families that put children at risk for addictive behaviors; provide a general understanding of what helps to prevent addiction in the first place; and offer systemic approaches to proactively prevent drug and alcohol use and abuse, and other addictive behaviors in adolescents.

Thank you to our Sponsors!



Events

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

For more information
or to register:
Visit www.cipmarin.org
Or call (415)459-5999 #101

Space Limited:
Reservations will be
held until 5:50 p.m.

Community Raffle
Raffle Ticket \$5 or
6 for \$25
Available at door & online

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

**Community Institute for
Psychotherapy**
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