



2020 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.



Slaying the Beast: A Practical Guide for Parents on the Dangers of Technology Overuse and Obsession

Presented by Mark Edwards, LMFT

When: Tuesday, September 29, 2020, 6pm – 8pm

Where: San Rafael Community Center
618 B Street, San Rafael, CA 94901

Modern parents are faced with greater pressure from children, peers and technology companies to allow almost constant use of gaming and communications technology regardless of consequences. Mark Edwards will offer a number of hands-on strategies for the discussion of rules and responsibilities for children and teens, and suggest practical tips for negotiating healthy limits to technology use at home, school and college.



Helping When Your Child Is Hurting: What Every Parent Needs to Know to Prevent Adolescent Self-Harm & Suicide

Presented by Keith Sutton, PsyD

When: Tuesday, October 6, 2020, 6pm – 8pm

Where: San Rafael Community Center
618 B Street, San Rafael, CA 94901

Anxiety rates for adolescents are on the rise, and so is self-harm and suicide. Losing a child is a parent's worst nightmare. Dr. Sutton will explain the potential causes of adolescent anxiety and depression, why some kids self-harm, and factors that can lead to suicide or suicidal behavior. He'll discuss effective treatments and how parents can help their depressed children overcome their pain.

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
1330 Lincoln Avenue, #201
San Rafael, CA 94901**

