



In Person and Virtual Events!
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2024 Raising Healthy Families Community Education Series

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

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.

Fighting the Beast of Technology: A practical guide for parents

Presented by Mark Edwards, LMFT | Wednesday, March 6, 2024 | 6 pm – 8 pm
San Rafael Community Center, 618 B St., San Rafael and via Zoom



Modern parents are faced with greater pressure from children, peers and technology companies to allow the almost constant use of gaming and communications technology regardless of any possible consequence. This seminar is designed to help parents:

- Understand potential concerns raised by the use of modern communications technology.
- Recognize the possible co-occurrence of depression, isolation and bullying for children and teens utilizing online communications technology.
- Develop a real-life strategy for monitoring and limiting the technology use of children and teens.
- Set clear and firm rules for communications technology use at home, school, and college.



The Power of Parenting and Family Connections: Preventing and Addressing Addiction, Self-Harm, and Suicide

Presented by Kenneth Perlmutter, PhD | Thursday, March 14, 2024 | 6 pm – 8 pm
San Rafael Community Center, 618 B St., San Rafael and via Zoom

Understanding the complex worlds of our teenagers, and the peer, social, cultural, and social media pressures they navigate every day, can feel like an impossible task for parents. The situation becomes especially daunting when your teens struggle with substance abuse, self-harm and/or suicidal thinking, threatening, or action. Dr. Perlmutter will offer parents approaches to such situations with a focus on harnessing parental power while promoting the best connection possible with all members of the family system.

Depression, Anxiety, ADHD, and Self-Harm: Helping Girls Find Strengths and Coping Strategies

Presented by Stephen Hinshaw, PhD | Tuesday, March 19, 2024 | 6 pm – 8 pm
San Rafael Community Center, 618 B St., San Rafael and via Zoom



The mental health crisis among youth--especially teenage girls--is of major concern for families, schools, and society at large. In an integrative and down-to-earth talk, Dr. Hinshaw will present what's known about the particular issues facing girls these days, particularly related to (a) the unrelenting (and impossible) pressures they increasingly face; (b) the post-COVID atmosphere; and (c) the devastating rates of self-harm and depression/anxiety confronting girls (and boys), particularly in the presence of ADHD and other neurodevelopmental conditions. Also included will be his current work on the stigma still faced by families and youth dealing with such conditions.



Parenting with Wit and Wisdom: Raising Responsible, Resourceful, Resilient, Compassionate Human Beings

Presented by Barbara Coloroso, MA | Monday, March 25, 2024 | 6 pm – 8 pm
San Rafael Community Center, 618 B St., San Rafael and via Zoom

This presentation will offer solid, practical advice for parents on how to create a home environment in which children can become self-disciplined, compassionate, responsible, resourceful, and resilient, able to act in their own best interest, stand up for themselves, and exercise their own rights while respecting the rights and legitimate needs of others. The presenter will discuss the keys to good parenting: treating children with respect; giving them a sense of positive power in their own lives; giving them opportunities to make decisions, take responsibility for their actions, and learn from their successes and mistakes.

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