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RAISING HEALTHY FAMILIES

2027 Raising Healthy Families Community Education Series

Event 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.



Raising Connected Kids in a Lonely World: A parent workshop examining loneliness in kids and teens

Presented by Mark Edwards, MFT | Monday March 1st March|

Loneliness is increasingly affecting children and teens - even those who seem socially active and well-supported. In this engaging, evidence-based workshop, parents will explore what loneliness really looks like in today's kids, why it has become so common, and how it impacts emotional health, behavior, and development.

Through current research and real-world examples, this presentation helps parents better understand the social and emotional challenges children face in a fast-paced, digitally connected world. More importantly, it offers practical strategies parents can use right away to strengthen connection, build trust, and support their child's sense of belonging.



How to Parent Your Child When Your Own Childhood Haunts You

Presented by Karen Wolfe, MA, LMFT **|Monday, March 8th|**

Parents do not become free from old patterns by shaming themselves into better behavior. They become freer when they can notice the old alarm, receive support, return to the present, and choose a connected next move.

This workshop helps parents understand why ordinary parenting moments can feel so big, how old childhood pain gets activated in the present, and how to interrupt inherited patterns of collapse or explosion. Parents will learn tools to repair ruptures with their child when a trigger gets the best of them and find healthier ways of parenting to support a child's sense of secure attachment.



Good Enough Parenting for New & Young Families: Sharing the Load & Navigating Conflict

Presented by Shannon Myers, LMFT, PMH-C & Ali Vogt, LMFT**| Thursday, March 18 |**

Parents young children can feel overwhelming—between unrealistic standards, endless mental load, and partnership tensions, it's easy to lose yourself in the chaos. This 2-hour workshop offers practical tools and compassionate support for parents navigating the early years.



We'll explore the empowering concept of "good enough" parenting—being attuned to your child's needs about 30% of the time is enough for healthy attachment. You'll learn how modeling imperfection, repair, and self-care actually strengthens your child's resilience and emotional development.

We'll address the invisible work of parenting by how to recognize, divide, and share household and caregiving tasks equitably. Finally, we'll cover essential conflict resolution skills to help you and your partner navigate disagreements while staying connected.

This workshop combines expert insights, group discussion, and practical exercises to help you let go of perfection, prioritize your well-being, and create a more balanced partnership. Leave with tools, community, and permission to be authentically imperfect.



Avoid the Overparenting Trap

Presented by Julie Lythcott-Haims |Tuesday, March 30|

Drawing on research, conversations with educators and admissions officers, and the perspective of a former Dean of Freshmen at Stanford University, this workshop explores how well-intentioned overparenting can inadvertently undermine children's development. Participants will gain a deeper understanding of how excessive parental intervention can interfere with the development of self-efficacy—the belief that one's own actions influence outcomes.

The workshop will offer practical, research-informed strategies that emphasize the importance of allowing children to make mistakes, learn from experience, and gradually develop the resilience, resourcefulness, confidence, and inner determination needed to become healthy, thriving adults.

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