HOW EVERYDAY MINDFULNESS CAN BUILD SELF-AWARENESS, SELF-REGULATION AND LEAD TO LIFELONG RESILIENCY
Tuesday, April 7, 2020 6:00 - 8:30 pm
Presenter: Anna R. Silberg Ph.D., Co-Founder Reset MindBody, Executive Director of Adolescent and Adult Programming
In this workshop, Dr. Silberg will explore how mindfulness is used as a social-emotional learning curriculum in schools and can be used to teach core social emotional competencies at home. Participants will also learn why mindfulness is critical for developing self-awareness, emotional regulation, impulse control, responsible decision making and the ability to be kind to oneself and others. Dr. Silberg will share how the body reacts to the stress response and how mindfulness can reduce stress and re-regulate the nervous system. Participants will leave with an understanding of how mindfulness can be used as a vehicle for trauma sensitivity.

RESILIENCE: THE PATH TO HOPE AND MEANING
Tuesday, April 21, 2020 6:00 - 8:30 pm
Presenter: Monica Caldwell, MSW, LCSW, Director of Mental Health Programs, RISE
The scientific literature on resilience is extensive, and is especially relevant now to help us begin to answer the question, “So, we’ve learned about Adverse Childhood Experiences (ACEs), what’s next?” Come to this seminar to learn about eight protective factors that you can embed universally in your agencies and schools to enhance resilience in young people. An individual student protocol will be offered to apply resiliency-building efforts across the tiers of support. These same resiliency-promoting protective factors can be a frame for our own well-being as professionals committed to working with youth and families. Caution: The power of your influence in frame for our own well-being as professionals committed to working

Mission Statement
The mission of Parents United is to present timely and relevant information in a neutral forum for parents and professionals who work with children. The lectures and presentations offered each school year provide links, knowledge and networking to the community for the ultimate benefit of our students.

About Parents United . . .
Parents United is a coalition of 27 school districts in collaboration with educators, community resources and related service providers focused on empowering parents of children with disabilities to become effective advocates and informed decision-makers. This non-profit community-based organization provides regular informational workshops featuring experts presenting a wide range of topics relative to students with disabilities and their families. Parents United began with 4 districts in 2002-03 and has grown exponentially.

The Board
Parents United is funded and governed by the special education directors of the member districts. An Executive Board is elected for 2 year terms and the offices up for election are staggered so experienced members are always on the Board. It meets at least 4 times a year to determine programs, speakers, and operational procedures under the adopted By-Laws. Members of the current Executive Board are:

Anthony Strancke, President
straant@pewaukee schools.org
Gena Santaram, President-Elect
gsanthal @richmond.k12.wi.us
Ken Kassees, Treasurer
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Mary Cimbalnik, Community Liaison
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Cheri Sylia, Parent Representative
csylia@cesa1.k12.wi.us
Kara Roeming, Event Coordinator
events@parentsunitedwi.org

What attendees are saying . . .
I LOVE the topics and the speakers seem to be the best in the business. As my son grows I REALLY appreciate finding out what to watch for in the future and try be pro-active in helping him through school life.
Robin Stevens, Parent, Waukesha School District
I am scheduled to attend more workshops in the coming months and am always impressed with the high quality. Keep up the great work!
Judy Ertel, Speech/Language Pathologist, Elmbrook School District
Love what Parents United offers to the community!
Sue McKenzie Dicks, Vice President
Healthy Culture Rogers InHealth and WISE

PROGRAM LOCATION*
INGLESIDE HOTEL
2810 Golf Road, Pewaukee, WI
*All programs held at Ingleside Hotel with exception of January 15, 2020
To register for an event visit:
http://parentsunitedwi.org/register-now/ or 262-345-7810
Website: parentsunitedwi.org
Twitter: @parentsunitedwi
Facebook: ParentsUnitedWI