2017-2018 Schedule of Parent Workshops

“Anxiety Awareness: What’s All the Angst About?”
October 3, 2017: (Tuesday, 9:30 am at Ridgefield Library and 7:00 pm at Scotts Ridge Middle School)
A screening of the new documentary *Angst: Breaking the Stigma Around Anxiety*, followed by an open discussion and Q&A session with noted psychiatrist Aaron Krasner, M.D.
$5.00 suggested donation at the door

“10 Best-Ever Techniques to Manage Anxiety and Depression”
October 19, 2017: (Thursday, 7:00 pm, Scotts Ridge Middle School)
Go home with practical strategies to manage anxiety and depression from renowned expert and author Margaret Wehrenberg, Psy.D.

“Born to be Wild: Why Teens Take Risks, and How We Can Help Keep Them Safe”
November 8, 2017: (Wednesday, 7:00 pm, Ridgefield Library)
with acclaimed adolescent psychiatrist Jess Shatkin, M.D., of the NYU Child Study Center, author of a groundbreaking, research-based guide that sheds new light on why young people make dangerous choices – and offers solutions that work

“School? No Way, Jose! I Ain’t Going!”
December 6, 2017 (Wednesday, 7:00 pm, Ridgefield Library)
A look into student school refusal with Nicholas Crimarco, Ph.D., Columbia University instructor and staff psychologist in the Columbia University Clinic for Anxiety Related Disorders

“No More Mean Girls: Strategies for Raising Strong, Confident, Compassionate Girls”
February 1, 2018 (Thursday, 7:00 pm, Ridgefield Library)
Child/adolescent psychotherapist and author Katie Hurley shows parents of young girls how to nip mean girl behavior in the bud. Book sale and signing.

“Digital Addiction: When Technology Becomes Too Much Temptation”
March 1, 2018 (Thursday, 7:00 pm, Ridgefield Library)
Presenters and program details TBA

“LGBTQ: Understanding the Alphabet Soup of Identity”
April 19, 2018 (Thursday, 7:00 pm, Ridgefield Library)
with Micaela Scully, LCSW, Silver Hill Hospital – program details TBA

“Parenting the #Selfie Generation” is a community-wide collaboration with Ridgefield Public Schools, Ridgefield Council of PTAs, Ridgefield Library, Ridgefield Youth Commission, Books on the Common, Project Resilience, Town Vibe, and Silver Hill Hospital.