

# 2019-2020 KM Parent Resource Network Calendar of FREE Events:

[www.kmsd.edu/parentresources](http://www.kmsd.edu/parentresources)

Opt In to "Parent Resource Network"

**September 25, 2019 6:30-8:00pm, Cushing Elementary "Creating A Mindful Family" presented by Lynne Smith.** Practicing Mindfulness as a family helps promote a healthy family, with members that are more kind towards others and themselves, more patient, resilient and less stressed. Learn practices that can be used by family members of all ages!! Mindfulness is a gift of a lifetime! Lynne has raised 3 children in the Kettle Moraine School System. She is certified to teach Meditation and Mindfulness and has been teaching for many years. As these practices are grounded in neuroscience and supported by extensive research, Lynne is passionate about making these practices accessible to everyone. Lynne has practiced over 20 years as a Women's Health Nurse Practitioner.

**September 27, 2019 10:30am - Noon, Yoga 4 All, Wales, "Volunteering as a Family: The Many Benefits and How to Get Started" presented by Lori Hayes of United Way.** While volunteering has its own rewards, like being good for your health, volunteering as a family is even better. It teaches children the importance of helping others, teamwork, and generosity and builds stronger connections between family members and their community. The holiday season is just around the corner, what better time to learn about the benefits of volunteering together, along with some ideas on how to get started! Thank you to Cafe Buzz in Wales for donating the coffee. Register at <https://volunteeringasafamily.eventbrite.com>

**October 16, 2019 6:30-8:00pm, KM High School "Expert Tips On Tech Safety" by Alissa Darin, Holly Myhre and Officer Jamie Soneberg.** Interacting with digital devices is a way of life for us and our kids. We invite parents to join us in learning strategies to keep online interactions for their kids safe, productive, and positive! Parents will receive updates about current trends and apps in the social media world, the realities of generating an electronic footprint and how to empower their children to build a full understanding of the technology they are using. Additionally, parents will learn how to engage in conversations and oversight of technology with their children to provide safety when using digital devices. Recommended for parents of elementary through high school students.

**November 1, 2019 11am - Noon, Yoga 4 All, Wales, "Being Mindful: Integrating Mindfulness Practices Into Our Families' Lives" presented by Sara O'Reilly.** Solid scientific evidence suggests that mindfulness interventions improve attention, self-control, emotional resilience, memory and the immune response. Join us at the KM Coffee Chat where our facilitator, Sara O'Reilly, will lead a short mindfulness practice. She will talk about mindfulness and how it can benefit us as well as our children, and how we can integrate a variety of mindfulness tools and skills into our family's everyday lives. Thank you to Cafe Buzz in Wales for donating the coffee. Register at <https://beingmindful.eventbrite.com>

**January 17, 2020 11am - Noon, Yoga 4 All, Wales "Making Healthy Habits Stick by Engaging the Subconscious" presented by Janet Golownia.** We all want to be healthy. Unfortunately that means creating healthy new habits. In this unique presentation, find out why our logical minds are useless when it comes to taking actions that create change. Learn why we must engage the subconscious mind to create change and then begin to tap into that part of our mind as Janet leads us all in a session of yoga nidra. Thank you to Cafe Buzz in Wales for donating the coffee. Register at <https://healthyhabitskmprn.eventbrite.com>

**January 29, 2020 6:30-8:00pm, Wales Elementary- Dragon's Den "Resiliency Building and Positive Parenting Using Love & Logic" by Alissa Darin.** As parents, raising healthy and resilient children amongst the stress and change of life is a goal at every developmental stage. This session will provide "resiliency training" strategies for parents to empower their students to deal with today's stressors in a healthy manner. This includes building an understanding of the differences between what is normal stress versus anxiety. Additionally, an overview of Love and Logic® strategies that help to create a home environment for responsibility, resiliency, and academic achievement will be shared. Alissa Darin is currently a school administrator and Licensed Professional Counselor in training for the Gals Institute. She has a Bachelor of Science degree from the University of Wisconsin-Madison in Education & Kinesiology and a Master's degree from Marquette University in Counseling. Additionally, she is a Love and Logic facilitator.

**February 26, 2020 6:30-8:00pm, Dousman Middle School "Helping Kids Deal With Grief and Trauma" by Dr. Samantha Wilson, PhD.** Parents, teachers, neighbors, siblings and relatives play an important role in supporting children who have been exposed to grief and trauma. Dr. Wilson will be discussing 2 different types of stress: Acute traumatic stress refers to a single event that is time limited (e.g., auto accident, sudden death of a loved one, fire) and chronic traumatic stress refers to on-going and/or multiple adverse events in a child's life. Join us to see how grief and/or trauma may impact children's behavior, cognitive functioning, academic development, language development, social-emotional functioning and physical development. Samantha Wilson, PhD, IMH-E® IV, is Associate Professor of Pediatrics in the division of Child Development at the Medical College of Wisconsin. She is the staff psychologist within the International Adoption Clinic at Children's Hospital of Wisconsin and has been licensed as a Clinical Psychologist in Wisconsin since 2008. Along with direct service to youth and families, she provides reflective supervision to Early Head Start Home Visitors within Waukesha and West Bend, WI.

**February 28, 2020 10:30am - Noon, Yoga 4 All, Wales "Achieving Total Body Wellness With Essential Oils" presented by Beth Carlin, RN.** Did you know our cells are actually able to recognize, absorb and send essential oil molecules to the place in our body that needs it most? Our bodies were made to repair themselves naturally and maintain health. We will be sharing how essential oils can support proper mental, physical and emotional health. Come learn how the plant power in essential oils can help with many common ailments. Thank you to Cafe Buzz in Wales for donating the coffee. Register at <https://totalwellnesswithoils.eventbrite.com>

**April 22, 2020 6:30-8:00pm, Cushing Elementary "Nurturing Positive Friendships" by Deanna Marincic, MSW, LCSW.** We all want our children to be good friends, but also to surround themselves with good friends. Deanna will teach us how to help our children recognize positive friendships...what do these look like to kids? She will also give us the tools to enable children to believe in themselves and understand that all good friendships should be positive. Deanna is a Licensed Clinical Psychotherapist and founder of GALS Institute with over 25 years of experience.

*\*Thank You to all the KM District PTO's for funding the KM PRN!*