



parent education program

# Marcus & MHS9 Host: PEP Healthy Families, Healthy Kids

February 1st 6:00-8:05  
 Marcus HS 9<sup>th</sup> Grade Campus  
 5707A Morriss Road

*Offering breakout sessions to parents & students*

Session Title & Presenter	Description
<b>Adolescent Brain</b> Dr. Trotter	Weaving together brain science, adolescent development and parenting strategies. The right balance of "just enough" to help parents become knowledgeable and a "whole bunch" of what to do next. We'll explore the differences between the male and female brain and the connection to these hard-wired differences to gender-specific needs. We'll talk about the need for movement, visual strategies, and offering choices - Providing you with a fascinating look at how the adolescent brain works and why teens do what they do.
<b>Anxiety and Depression in Teens - A Parent Guide</b> Vianey Reinhardt, Licensed Therapist	This session is designed to help parents recognize symptoms associated with anxiety and depression in adolescence and strategies for helping their child cope with their symptoms.
<b>What are you Thinking?</b> Dr. Schauf Your Teen & You	Be inspired to lead differently, to understand the developmental changes clearly, and to reduce power struggles effectively with your tween and teen. You'll laugh as you learn!
<b>Time Management</b> AVID Student- Audrey Harbour	This session is designed to give a personal story and perspective of a student on how to manage time and strategies to be successful.
<b>Eating Healthy</b> Ms. Rutherford	This session is designed to discuss and I will demonstrate healthy snack options for kids such as a quick salad with a light dressing.
<b>School Response Services</b> Ms. Richey	This session is designed to help understand the role of school general education counselor. It will answer questions such as why and when their should student see their counselor?
<b>How can I Support my Child to be Successful in High School?</b> Dr. Shahzad	This session is designed to give tips and strategies for parents to support and navigate the ups and downs of high school.

Session #1 6:15-6:45	Session #2 6:55-7:25	Session #3 7:35-8:05	Feel Free to stop by the Vendor Booths
Adolescent Brain	Adolescent Brain	Time Management	
Anxiety and Depression	Anxiety and Depression	School Response Services	
What are you Thinking?	What are you Thinking?	Eating Healthy	
Time Management	How can I Support my Child to be Successful in High School?	How can I Support my Child to be Successful in High School?	
Eating Healthy	School Response Services		

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<b>Eating Healthy 9305</b>		<b>Eating Healthy 9305</b>
<b>What are you Thinking? 9212/9214</b>	<b>What are you Thinking? 9212/9214</b>	<b>School Response Services Library Classroom</b>
<b>Anxiety and Depression 9216/9218</b>	<b>Anxiety and Depression 9216/9218</b>	<b>Time Management Cafe</b>
<b>Adolescent Brain 9208/9210</b>	<b>Adolescent Brain 9208/9210</b>	<b>How I can Support my Child to be Successful in High School? 9215</b>
<b>Time Management Cafe</b>	<b>School Response Services Library Classroom</b>	
	<b>How I can Support my Child to be Successful in High School? 9215</b>	

**THANK YOU FOR ATTENDING!**

**Please save the date & join us for PEP's**

**\*\*\*\* Winning the Fight "Not Me" documentary film \*\*\*\***

**March 8 in the Marcus HS Auditorium, 6:00 - 7:30pm**

**for parents & students currently in grades 8 - 12.**