

2015-2016 Parent Education

SPEAKER SERIES



HAPPY ■ OCTOBER 6, 2015 ■ 7pm ■ THEATER

Screening and Q & A with Academy Award-nominated director Roko Belic

From the Academy Award-nominated director Roko Belic comes the documentary *HAPPY*, which leads viewers on a journey across five continents in search of the keys to happiness. The film addresses many of the fundamental issues we face in today's society: how do we balance the allure of money, fame and social status with our needs for strong relationships, health and personal fulfillment? Through remarkable human stories and cutting-edge science, *HAPPY* leads us toward a deeper understanding of why and how we can pursue more fulfilling, healthier and happier lives. Join us for this exciting kick-off event to our Parent Education Program.



Madeline Levine

MADELINE LEVINE ■ NOVEMBER 3, 2015 ■ 7pm ■ LOWER GYM

Teach Your Children Well - Parenting for Authentic Success

Please join us for a conversation with acclaimed psychologist, *New York Times* best-selling author (*The Price of Privilege*, *Teach Your Children Well*), child development and parenting expert Madeline Levine, as she presents findings from both current research and her 30 years of clinical experience to shatter once and for all the myth that good grades, high test scores, and college acceptances should define the parenting endgame. Instead of contributing to a system that has led to exhausted, externally driven and emotionally ill-equipped children, participants will be shown how to shift the focus to a parenting style that concentrates on both enabling academic success and developing a sense of purpose, well-being, and connection in our children's lives. Co-sponsored by Oakwood School.



David Sheff

DAVID SHEFF & NIC SHEFF ■ JANUARY 12, 2016 ■ 7pm ■ LOWER GYM

Why children use drugs and how to prevent problems from beginning

Health advocates, award-winning authors of *Beautiful Boy*, *Clean* and *Tweak: Growing Up on Methamphetamines*, father and son David and Nic Sheff weave the harrowing tale of Nic's addiction and recovery while growing up outside of San Francisco. "Before Nic became addicted to meth, he was a charming boy, joyous and funny, a varsity athlete and honor student adored by his two younger siblings. After meth, he was a trembling wraith who lied, stole and lived on the streets." Both men will join us to share their story and give clear, cogent counsel for parents and others who want to prevent drug problems from beginning. You will leave with a clearer understanding of the greatest public health challenge of our time.



Gary Groch

DR. GARY GROCH ■ MARCH 8, 2016 ■ 7pm ■ MEH

Fatherhood

We welcome back our consulting psychologist and mentor Dr. Gary Groch for his annual dialogue with Campbell Hall's fathers about the joys and challenges of fatherhood. Join us for this joyful and enriching conversation.

RSVP/INFO: www.campbellhall.org/parenteducation

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WORKSHOPS

ROADMAP TO HEALTH & WELLNESS

1st Meeting: October 8 ■ Thursdays ■ 9am ■ Swiger-Nathanson-Dwyer Chapel & Spiritual Center

In a supportive and mindful atmosphere, parents and guardians learn practical strategies for how to lose weight while gaining healthy eating habits that lead to increased energy, strength and focus. Six week series of workshops beginning Oct 8. Led by Marlyn Diaz, Certified Nutritionist & Wellness Coach.

CAMPBELL HALL PARENT MINDFULNESS GROUP

1st Meeting: September 15 ■ Tuesdays ■ 8:45am ■ Swiger-Nathanson-Dwyer Chapel & Spiritual Center

A series of sessions provides the opportunity to deepen or begin a mindfulness practice. Sessions begin with a guided meditation followed by instruction on topics such as authentic parenting, connecting more deeply with our kids, development of skills, and managing reactivity, all while building community with fellow parents. Led by Laurie Cousins, Mindfulness Facilitator & Practitioner.

TECHNOLOGY & ETHICS

Lori Getz ■ Division Specific Workshops

Lori Getz is the current instructor for our 7th and 9th grade Technology Literacy and Ethics programs. She is a national expert on technology, internet safety and citizenship.

Elementary - September 10, 8:30 am, Carsey Gallery - Redefining Internet Safety! A full explanation of how kids use technology, how to keep them safer, rules and guidelines worth implementing, and a new way of discussing privacy, friendship, predators and overall health.

Junior High - September 17, 9 am, Carsey Gallery - Our Relationship with Technology. How technology can improve our lives and how to avoid the pitfalls of over-sharing, over-friending and over-connecting. A look at how parents feel about establishing rules that apply both in and outside of the home.

High School - September 24, 9 am, Carsey Gallery - Redefining Privacy Privileges for Teenagers. How to have more honest conversations with your teens about online behavior. A closer look at healthier habits when it comes to multitasking behavior, self-esteem and friendships.

SCREENING OF HUNTING GROUND

Facilitation by Santa Monica Rape Treatment Center Mental Health Professionals ■ Date & Time TBD

Seniors and their parents are invited to screen *Hunting Ground*, a groundbreaking documentary about sexual assault on college campuses, directed by Academy Award-nominee Kirby Dick. "Any parent sending a child off to college should consider this required viewing." - *New York Times Magazine*.

Campbell Hall's **PARENT EDUCATION** program provides Speaker Series and Workshops to bring together parents and other members of the school community with experts in a variety of fields to engage in timely, thought-provoking discussions that inform and enrich our relationships with ourselves and the children under our care. Participants should expect to take away with them important information, a stronger sense of community, and at times, a completely new perspective. Please join us! Friends welcome!

To **RSVP** and learn more, visit www.campbellhall.org/parenteducation or contact Director of Human Development and Parent Education Sarah Huss (huss@campbellhall.org), or PTC Parent Education Co-Chairs Jan Weiss (jcw317@gmail.com) and Nicole Gregory (ngregory21@gmail.com).

Events subject to change; please check website for most up-to-date information.