



## Parent Educational Series

**Time: 6:30 – 8pm (Tuesdays)**

**Place: Hamilton High School (Room D100)**

**Facilitator: Rajani Rastogi, LMSW**

*(PRESENTATIONS ARE FREE AND OPEN TO THE COMMUNITY)*

**August 9<sup>th</sup> – “Helping your teenager be successful in life”**

Speaker – Dr. Chelsea Reed, PhD, LPC

**August 23<sup>rd</sup> – “Improving Communication with your teenager”**

Speaker – Angela Veneziano, LPC, Mindful Elite Consulting

**September 13<sup>th</sup> – “Inspiring and accepting your teenager”**

Speaker – Candace Hikin, owner of lively minds tutoring services

**September 27<sup>th</sup> – “Strategies for managing stress”**

Speaker – Dr. Chelsea Reed, PhD, LPC

**October 25<sup>th</sup> – “Cyberbullying and Internet Safety”**

Speaker – Frank Griffiths, AZ Attorney General’s Office

**November 8<sup>th</sup> – “Teen Brain Development”**

Speaker – Garron Griffiths, Licensed Clinical Social Worker

**November 22<sup>nd</sup> – “Building your teens’ confidence/self-esteem”**

Speaker – Candace Hikin, owner of lively minds tutoring services

**December 6<sup>th</sup> – “Is your teen engaging in drugs and/or self-harm?”**

Speaker – Angela Veneziano, LPC, Mindful Elite Consulting



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**January 17<sup>th</sup> – “Understanding Addictive Behavior”**

Speaker – Joshua Azevedo, LISAC (Owner/Program Director of the Pathways Program)

**January 31<sup>st</sup> – “Strengthening your relationship with your teen”**

Speaker – Dr. Chelsea Reed, PhD, LPC

**February 7<sup>th</sup> – “Conflict resolution and effective communication”**

Speaker – Garron Griffiths, Licensed Clinical Social Worker

**February 28<sup>th</sup> – “Is your teen engaging in self harm behavior?”**

Speaker – Dr. Chelsea Reed, PhD, LPC

**March 28<sup>th</sup> – “Empower your teenager to become a leader”**

Speaker – Dick Baniszewski, Assistant Principal at Hamilton HS

**April 11<sup>th</sup> – “Active listening - do you really hear what they say?”**

Speaker – Dr. Chelsea Reed, PhD, LPC

**April 25<sup>th</sup> – “Effective ways for your teen to deal with stress”**

Speaker – Angela Veneziano, LPC, Mindful Elite Consulting

**May 9<sup>th</sup> – “Understanding the risks of prescription drug abuse”**

Speaker – Natalia Chimbo-Andrade, Community Bridges Education