

The Conative Group presents the 1<sup>st</sup> Annual

# Parenting Symposium:

## Essential Tools for your Parenting Tool Kit



**Saturday October 5, 2019**

**9 am – Noon**

Our experienced team of clinicians at The Conative Group is pleased to present our first annual Parenting Symposium. Choose 3 sessions from multiple workshop selections. The varied topics are designed to address many important issues confronting parents today.

Space is limited. Mark your calendar and register today!

### Workshops Include:

- Screen Time Parenting
- What To Do When ADHD is in the House!
- The Nurtured Heart Approach for Managing Behavior and Bringing out the Best in your Child
- Self Efficacy, Agency, Self-Esteem: Promoting Healthy Psychological Development in Children
- The Art of Successful Co-Parenting After Divorce (and why it means everything to your child)
- The School Counselor Connection
- Anxiety in Girls
- Raising Resilient Boys
- Solving the Mystery of the Messy Room

Check out our website for details

Cost is \$65 (per person) or  
\$99 for both parents  
(or \$35/\$50 for St. Mark's  
families)

Location: St. Mark's School

Call 713.993.7030  
or go to our website to  
register or for more  
information





## PARENTING SYMPOSIUM: ESSENTIAL TOOLS FOR YOUR PARENTING TOOLKIT

SATURDAY OCTOBER 5<sup>TH</sup> FROM 9AM – NOON

### \* SESSION DESCRIPTIONS \*

#### Session One

##### 1. Screentime Parenting

Children and Teenagers have become dependent on technology for leisure activities, schoolwork, communication and socialization. Individuals with ADHD are especially prone to overuse of these tools. Technology, including video games and social media, is here to stay, but relying on screens for the majority of social communication is unhealthy. Our present society seems to work against efforts by parents to have a say in “how much is too much.” Many parents are frustrated and overwhelmed. This workshop will help you learn parenting strategies to regain your authority and instill balance in your child’s use of electronic usage. Led by: Kimberly Harrison, Ph.D.

##### 2. Anxiety in Girls

In today’s society, girls are increasingly riddled with the pressures of day to day life. Research indicates that girls are 55% more likely to experience stress more drastically than boys. Stress and anxiety at healthy levels are catalysts for growth; at unhealthy levels, they become overwhelming. This session will educate parents about the nature of anxiety and strategies for dealing with their daughters' stress levels. Led by: Ande Hampton, MA, LPCi and Merrissa Hughes, M.Ed.

##### 3. Self-Efficacy, Agency, Self-Esteem: Promoting Healthy Psychological Development in Children

Children develop resilience when allowed to try new things on their own. As tempting as it is for parents to intervene, preventing failure can lead to increased fragility in children. Children who do not have resilience often experience increased anxiety, irritability, and other emotional issues. In this session parents will learn how to identify when it is OK to provide assistance, and when they should allow failure to occur. Led by Pat Hamilton, MA, LMFT

#### Session Two

##### 1. The School Counselor Connection

Have you ever wondered what your child’s school counselor does? Many parents aren’t aware of all the ways that counselors can advocate for and assist students in finding both academic success and establishing positive self-worth. In this session, you will learn about the role of your child’s counselor, how to utilize your counselor for resources, and to determine when it’s appropriate to reach out for additional help if our child is struggling emotionally and/or academically. Led by: Ande Hampton, MA, LPCi, Merrissa Hughes, M.Ed., LPC, Pat Hamilton, MA, LMFT, and Elise Banks, MS, LPC

##### 2. What to Do When ADHD is in the House: Strategies that Work to Help, Not Enable, Children and Teens (and Spouses) with ADHD

This workshop focuses on using personal strengths to address problems associated with ADHD. Instead of fighting against a person’s natural tendencies, such as multi-tasking, creativity, or daydreaming, it is possible to use these abilities to improve school work, organization and problem solving. This practical and informative session can change the way you approach ADHD-related issues. Led by: Kimberly Harrison, Ph.D.

##### 3. The Nurtured Heart Approach® for Managing Behavior and Bringing out the Best in your Child.

Parents are often perplexed about what to do when their children exhibit strong emotions and behaviors. The Nurtured Heart Approach® is a relationship-focused methodology used to help children develop inner strength and resilience by using their natural intensity in successful ways. In this workshop, parents will learn how awakening the inherent greatness in their children can improve behavior at home and in the classroom. Led by Trent Everett, Ph.D. and Erin Whitney, MA, LPC-S, Advanced Trainers in The Nurtured Heart Approach®

## Session Three

### **1. The Art of Successful Co-Parenting After Divorce (and why it means everything to your child)**

Divorce creates considerable change for every member of the family. While parents can move forward and create new lives, it is important to have certain consistencies for children. In this workshop, parents can learn how and why co-parenting is critical for your child's emotional health and future relationships, and develop tools for successful co-parenting.

Led by Pat Hamilton, MA, LMFT

### **2. Raising Resilient Boys**

Today's world presents many new challenges for parenting boys. From the influence of technology, hyper-competitive sports and academics, and an abundance of negative media role models, boys are inundated with demands on their time and energy. This workshop explores best practices for parents to help boys thrive without being continually overwhelmed and exhausted. Led by Trent Everett, Ph.D. and Andres Tapia, Ph.D.

### **3. Solving the Mystery of the Messy Room**

Parents often wonder why children can't seem to independently accomplish routine tasks, such as cleaning their rooms, clearing the table, or getting ready in the morning. This workshop will provide insight into how to help children of all ages independently master everyday tasks, as well as how to help them learn to consistently stay organized at home and at school. Led by: Kimberly Harrison, Ph.D.

\*\*\*\* THE SYMPOSIUM WILL BE HELD AT ST. MARK'S EPISCOPAL SCHOOL: 3816 Bellaire Blvd, Houston, TX 77025