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<td>Shannon Ingram</td>
<td>This session will explore the various benefits of choosing to enroll at Northern Virginia Community College upon graduating from high school. The session will also cover the many ways that NOVA holistically supports its students’ well-being.</td>
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<td>Kristen Bierness, Resource Counselor</td>
<td>Participants will learn how to support students in selecting middle and high school classes that reflect their interests, that are challenging without being overwhelming, and that support their future goals.</td>
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<td>Darrell Sampson, Manager, School Counseling Services</td>
<td>In this session, various aspects of alcohol and drug use/abuse among youth will be explored. Current information on trends and potential ramifications of the early onset of use/abuse will be examined. Finally, prevention strategies and resources will be discussed.</td>
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<td>Mary Valad, MSW, LCSW, LSATP, School Social Worker, Fairfax County</td>
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<td>Adrian Williams, Assistant Principal, Quander Road School, Fairfax</td>
<td>Educators use positive relationship-building techniques to promote healthy student behavior and reduce stress among male and female students working through social-emotional concerns.</td>
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<td>Tanya Hardy, M.Ed., Behavior Intervention Teacher, Fairfax County</td>
<td>Power struggles with children can be exhausting and defeating. They can be avoided, however, by utilizing a few simple strategies. The presenter will equip participants with a variety of strategies that can be used to stop power struggles before they even begin.</td>
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<td>Timothy Fratto, Ph.D., Clinical Neuropsychologist, Neuropsychology</td>
<td>This presentation will focus on common neuropsychological problems and issues that arise in children, adolescents, and young adults including how to identify symptoms of attention-deficit/hyperactivity disorder, learning difficulties, and traumatic brain injury (concussions). This presentation will explain the different cognitive functions of the brain, and how they are implicated in these disorders. Suggestions regarding clinical assessment and how to partner with the school to gain the necessary accommodation will be made.</td>
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| Michele Webb  
Project Manager, Student Learning Plans  
Fairfax County Public Schools | Building on Strengths to Support Hope, Engagement, and Well-Being  
(Sessions 1 & 2) | Successful people know their talents and build on those talents for the rest of their lives. Learn how to access the results of the StrengthExplorer survey in Family Connection and the resources available to help support students with their unique talents. Focusing on a strengths model with students builds hope, engagement, and well-being. |
| Matt Ragone, Ed.S.  
Principal, South County High School  
Fairfax County Public Schools  
Becky Harris, M.A., NCSP  
School Psychologist, Sangster Elementary | Building Resiliency  
Military Connected Youth  
(Session 1) | The presenters will help participants learn more about the unique challenges military connected youth face given their lifestyle. Topics covered during this workshop will include the social-emotional and educational impact living the military lifestyle has on military connected youth; the unique challenges military connected youth face; and strategies for how schools and the community can partner to support Military Connected Youth and their families. |
| Stefan Mascoll  
Coordinator, Student Safety and Wellness  
Fairfax County Public Schools | Bullying and Cyberbullying in Fairfax County Public Schools  
(Session 3) | This presentation will educate attendees on what bullying is and how it is addressed in FCPS. The state of bullying through the eyes of students will also be discussed as data from the Fairfax County Youth Survey is provided. |
| Kasey Cain  
Resource Counselor  
Fairfax County Public Schools | Challenging Anxious Feelings  
(Session 1) | Everyone experiences worry. For some this feeling is easily managed but for others help is needed. Join this session’s exploration of resources aimed at supporting elementary aged children work through worried thoughts and feelings. |
| Meyer, DeLoatch, Felicia  
Social Worker  
Fairfax County Public Schools  
Dalton, Janice  
Principal, Laurel Hill Elementary | Courageous and Mindful Parenting: Effective Communication and Strategies that Yield Top Results  
(Session 3) | This empowering session will provide tools and techniques that will allow you to remain calm and begin to build a healthier relationship and more effective communication style between you, your child, your family and others. This session is for anyone who wishes to improve their communication with others as well as gain positive strategies to increase their effectiveness within their home, work environment and community. |
| Devra Gordon  
Clinical Therapist, Dominion Hospital  
Lindsay Howard  
Dance/Movement Therapist MA R-DMT  
Dominion Hospital | Don't Stress. Express!  
(Session 3) | Trying to get kids to talk about their stress can be challenging! How do we help them to feel safe and accepted when we ask them uncomfortable questions? How can we challenge their resistance while honoring their need for independence? This session will explore ways to creatively engage students in identifying emotions around stressful situations. |
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| Brian Maslowski                                                      | **Drug Awareness for Parents (Session 3)**  
This session will focus on what parents should know about current trends of adolescent drug use and tips for raising drug free children. We will have a paraphernalia display and an open discussion about trends of teen substance abuse, its impact on development, and provide resources available in the community. |
| ATOD Seminar Instructor                                              |                                                                                                    |
| Fairfax County Public Schools                                        |                                                                                                    |
| Matthew Johnson                                                      | **Executive Function and Academic Habits: Building Blocks for Success (Sessions 1)**  
This session will cover information about executive functioning skills and academic habits, the connection between the two, and how they are essential to students' academic success and social/emotional development. Participants will walk away with resources and tools, which can be used for classroom lessons and small group interventions |
| Educational Specialist, School Counseling                           |                                                                                                    |
| Fairfax County Public Schools                                        |                                                                                                    |
| Mike Axler, Psy.D.                                                   | **Executive Functioning: A Comprehensive Look at a Complicated Process (Session 2)**  
Executive functioning is increasingly being recognized as an essential skill set for achieving successful educational, social-emotional, and behavioral outcomes. In this session, participants will learn how these abilities interact to affect learning and behavior, how deficits in these areas lead to academic and behavioral difficulties, and how to detect and effectively address executive functioning challenges when they arise. |
| School Psychologist                                                  |                                                                                                    |
| Fairfax County Public Schools                                        |                                                                                                    |
| Joshua Kefer, Psy.D.                                                 |                                                                                                    |
| School Psychologist                                                  |                                                                                                    |
| Fairfax County Public Schools                                        |                                                                                                    |
| Johanna Kaplan, Johanna, Ph.D.                                      | **Failure to Launch: How to help your child avoid pitfalls and successfully transition into adulthood (Session 2)**  
"Failure to launch" has become a common colloquialism to describe the inability of young adults (ages 18-34) to develop effective methods of coping with more complicated, emerging stressors as they grow into adults. In this talk, we will address how a comprehensive cognitive-behavioral treatment model can be used to address the inability to successfully transition to an independent, functional adult and how to implement these skills when your child is younger. This workshop will also present attendees with a review of factors to identify those at risk for “failure to launch,” and discuss the benefits of using a cognitive-behavioral treatment modality. In this talk, we will discuss an intervention model which can be used to address a young adult's inability to successfully transition to an independent, functional adult and how parents/guardians can implement these skills when the child is younger. |
<p>| Director, Washington Anxiety Center of Capitol Hill                 |                                                                                                    |</p>
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| **Dede Bailer, Ph.D.**  
Coordinator, Psychological Services  
Fairfax County Public Schools |  
Fostering Resilience and Reducing Risk-Taking Behaviors: What Students are Telling Us (Session 1)  
This session will provide an overview of the 2015-16 Fairfax County Youth Survey where participants will learn what 45,000 students in our school division are telling us about their behavior, experiences, and other factors that influence their health and well-being. Participants will hear information about what builds assets in youth, along with engagement in risk behavior. Suggestions and strategies will be offered which adults can implement to foster assets, build resilience, and reduce risk-taking behaviors in youth, regardless of the adult's role in an adolescent's life (parent, teacher, coach, youth leader, family member). |
| **Jennifer Spears**  
Educational Specialist, Mental Wellness  
Fairfax County Public Schools |  
| **Heather Tedesco, Ph.D.**  
Applied Psychologist |  
Fostering Resilience in Our Youth (Sessions 2 & 3)  
Research shows that resilience is crucial to psychological health and that the ability to bounce back from failure is essential to facing challenges. There are many ways parents can actively encourage and develop resilience in their children. This session will examine why resilience matters so much and what we can do to help children increase it. |
| **Jeanne Veraska**  
Project Manager, Project AWARE  
Fairfax County Public Schools  
**Alex Case**  
Principal, West Springfield High School  
Fairfax County Public Schools |  
Fostering resiliency in the whole child: how mental wellness, prosocial behaviors, and academic achievement are interconnected. (Session 3)  
The presentation will focus on the "whole child" and how to build resiliency. The FCPS Portrait of a Graduate will be used as the framework for how to support the development of emotional literacy skills in order to further cultivate healthy youth. The presentation will address how building a youth's capacity in mental wellness, prosocial behaviors and academic achievement are all interconnected. |
| **Devra Gordon**  
Clinical Therapist  
Dominion Hospital  
**Lindsay Howard**  
Dance/Movement Therapist MA R-DMT  
Dominion Hospital |  
Get Out of Bed, Get to School: Strategies to Successfully Re-Engage Anxious or Depressed Students (Session 2)  
If you’ve ever had a kid resistant to go to school, whether it be a day or a month of days, this is the session for you! We will discuss practical tools and interventions which can be used for one day or one month to reinforce school attendance. We will share examples of plans that have been effective for a variety of ages to decrease missed days and increase family and school harmony. |
| **Ronne Lancaster, MS, CAGS**  
School Psychologist  
Fairfax County Public Schools |  
Homework, Organization and Planning Skills (HOPS): A Systematic Approach to Organization and Planning Skills that Teaches Students Foundations Skills for Developing Executive Functioning (Session 2)  
The session will provide information on the HOPS intervention that can be used with individuals or small groups. This intervention teaches students in a systematic and methodical manner how to build skills designed to increase organization, planning and time management. Advantages of the intervention include collaboration between student and teacher, increased homework completion and improving study skills, increased self-awareness and monitoring, and greater access to learning time. |
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| Cathi Cohen  
Director, In Step  
*How Stressed Out is Your Child? (Sessions 2)* | Are you worried that your child is stressed? Stress comes from many sources and has a cumulative effect on children. Stress can also lead to more serious health conditions. Attend this important session with Cathi Cohen, LCSW, psychotherapist and author to learn common stressors for children and teens; strategies to help them lower stress and understand when it is time to seek help. |
| Rick Stegman  
Educational Specialist, Instructional Technology  
Fairfax County Public Schools  
*How to Keep Your Kids Safe in Today's Digital World (Session 1)* | Come learn ways to help address many of the online issues students and families will face. This session will deal with issues such as Identity Formation & Social Media, Sexual Identity & Sexting, Predators & Teen Sex Trafficking, and Cyberbullying. The session will also give actionable parenting tips and resources for you to share and use. |
| Ann Dolin, M.Ed.  
Founder, Educational Connections  
*Learn More in Less Time: Balancing Academics and Extra Curriculars (Sessions 2 & 3)* | Did you know that 84% of students study by re-reading – the most inefficient way of studying? In “Learn More in Less Time: Balancing Academics and Extra Curriculars”, award winning author Ann Dolin, M.Ed. will teach you the top three, research-based study skills students need to be successful in school, strategies to avoid procrastination while studying, and tips and tools to avoid distractions from media. |
| Andrew Raab  
School Counselor  
Catholic Diocese of Arlington  
*Managing Good and Bad Stress in Everyday Life* | Participants will examine where stress typically occurs in their life (home, school, or with friends) and learn how to manage stress full situations successfully. |
| Karin Spencer, Ed.D.  
Parent Resource Services  
Loudoun County Public Schools  
*Mentally Healthy Environments for Young Children (Session 2)* | Learn how to establish home and school environments that foster resilience in young children. Participants in this interactive session will explore practical strategies grounded in both theory and practice. Each recommended practice is aligned with protective factors that promote resilience in young children such as relationships, self-regulation, and executive functioning skills. |
| Cheryl Johnson  
NAMI Volunteer  
Taylor Johnson  
NAMI Volunteer  
*NAMI Northern Virginia Parent and Educator Workshop (Session 1)* | This session provides education about mental health in children and teens, hopeful stories from parent and young adult presenters, and information about local resources for students, families and schools. Specific elements incorporated include: warning signs and symptoms, and how to support the mental health needs of children and teens; personal, hopeful stories by parent and young adult presenters with lived experience; and information about National Alliance on Mental Illness (NAMI) Northern Virginia’s signature programs. |
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| Karin Spencer, Ed.D.  
Parent Resource Services  
Loudoun County Public Schools | Nurturing Resilience at Home  
(Session 1) |
| Research indicates that executive function and self-regulation skills develop throughout the childhood, adolescent and early adulthood years and that these skills support individuals in becoming more resilient. These skills are essential to a child’s ability to filter distractions, prioritize tasks, set and achieve goals and control impulses. Moreover, they help children to get along with others and do well in school. This session, geared towards families, will highlight practical strategies for the home environment. Participants will leave with concrete ideas and resources. |
| Lauren Anderson  
Executive Director, The Josh Anderson Foundation | Our Minds Matter, a Student-Led Movement Supported by The Josh Anderson Foundation  
(Session 1) |
| In this breakout session, participants will learn about Our Minds Matter, a student-led movement to change the school culture around mental health. Minds Matter student-led clubs aim to encourage their peers to seek help, be socially connected and build healthy habits and coping skills through school-wide awareness activities. |
| Megan Urbassik, Ph.D.  
School Psychologist  
Loudoun County Public Schools | Parental Involvement as a Key to Meaningful Progress for Student Anxiety  
(Session 1) |
| The session will include a description of a case study dealing with severe anxiety in a female elementary school student. Specifically, the success of using a scientifically informed school- and family-based cognitive-behavioral approach (i.e., the Cool Kids Program©) will be described. The criticality of parental involvement as an irreplaceable key to treatment success will be included |
| Craig James, LCSW  
Insight Into Action Therapy  
Angelina Harris, MA, MSW  
Insight Into Action Therapy | Preventing Emotional Indulgence: How to Make Sure Your Child is Prepared to Leave the Nest |
<p>| For many parents trying to balance their own busy lifestyles with the growing and evolving social calendars of their kids can be a challenge. As a result, sometimes parents can overcompensate by giving them too much freedom to make their own choices or giving them too many material things to occupy their time independently. Many parents just do not realize the resources they can tap into to help prevent this from happening. This presentation will help to define emotional indulgence, identify types of emotional indulgence, provide examples of emotionally indulgent behaviors and explain how emotionally indulgent children behave as adults. This presentation will help parents learn to support the needs of their children and teens by adapting their parenting style to prevent and guard against emotional indulgence. |</p>
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<td>Promoting Social-Emotional Wellness in Students (Sessions 1 &amp; 2)</td>
<td>This session is for parents and teachers and will offer information and strategies for promoting social-emotional wellness in students. The presenters will discuss strategies to identify and develop student strengths to build resiliency, foster self-esteem, maintain positive attitudes, and encourage non-academic talents. The presenters will also provide strategies for parents and teachers to address social-emotional challenges such as anxiety, depression, perfectionism, and other behavioral challenges.</td>
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<td>Reducing Stress among Diverse Adolescent Populations (Session 3)</td>
<td>The facilitator aims to work with attendees interested in meaningfully supporting &amp; collaboratively working with teens from diverse populations. A brief PowerPoint presentation will feature research and best practice highlights. In addition, various activities will be used to explore how the experiences of these teens impact their help-seeking when stressed.</td>
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<td>Resilience: The Biology of Stress and the Science of Hope (Session 3)</td>
<td>This special presentation of the hour-long documentary (<a href="http://kpjrfilms.co/resilience/">http://kpjrfilms.co/resilience/</a>), directed by James Redford and premiered at the 2016 Sundance Film Festival, explores how adverse childhood experiences (ACE) can alter brain development and be predictive of future health issues. It also features the work of pediatricians, therapists, educators, and community leaders engaged in a national movement to educate others on the importance of preventing childhood trauma and treating toxic stress as ways to improve the health of future generations. <strong>Note:</strong> Following the screening will be a brief facilitated dialog, which will end on/before 2:00 p.m.</td>
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<td>Strengthening Connectedness in our Diverse Community (1): Breaking the Silence (Session 1)</td>
<td>Many people with mental health issues suffer in silence because of the shame and stigma surrounding mental health. These attitudes toward mental illness are shaped by culture, religious teachings and societal beliefs about mental illness. In this session, Fairfax County Health Director Dr. Gloria Addo-Ayensu will discuss forces that make it difficult to address the psychosocial needs of individual and families with diverse backgrounds and lay the foundation for scaling up ongoing efforts to mobilize faith leaders, mental health professionals and others within Fairfax County’s diverse communities to engage in conversations that foster collaboration, resiliency and healing.</td>
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| Rosalia Fajardo, J.D.  
Director of Outreach, Parent Advocacy Training Center | Strengthening Connectedness in our Diverse Community (2): You are Not Alone (Session 2)  
In this session, Rosalia Fajardo, Multicultural Family and Education Center Executive Director, will talk about her own personal journey through depression and her road to recovery. Anyone who has been overtaken by hopelessness, despair and fear will appreciate this frank talk about finding light at the end of the tunnel. Those in attendance will also learn more about the systems in place to support those who suffer with mental health conditions. |
| Iman Johari Abdul-Malik | Strengthening Connectedness in our Diverse Community (3): The Village Response (Session 3)  
This panel, facilitated by Iman Johari Addul-Malik, will explore strategies to strengthen the bonds of trust through greater communication. By engaging and empowering "credible messengers" across our diverse communities in Fairfax County we will work to dispel unhealthy myths and stigmas that stand as barriers confronting mental health and wellness issues. These credible messengers are drawn from faith, cultural, ethnic, and healthcare leaders. It takes trusting and connected relationships to build a healthy village. Imam Johari will facilitate this incredibly insightful panel discussion. |
| Emily Emery  
Educational Specialist  
Fairfax County Public Schools  
Jeannine Lalonde  
Associate Dean of Admissions, University of Virginia  
Lauren Wagner  
Senior Assistant Director of Admissions, GMU  
Alice Robertson  
School Counselor  
Fairfax County Public Schools | Stress Less Through the College Admissions Process (Sessions 1 & 2)  
This panel will focus on separating some of the truths-from-fiction around academic preparation and perceived necessary qualifications through the admissions process. Additionally, the panel will focus on the importance of finding a "school that fits" versus "fitting into a school." |
| Ellen Goldberger, Ph.D.  
School Psychologist  
Fairfax County Public Schools  
Karen Capell, Ph.D.  
School Psychologist  
Fairfax County Public Schools | Supporting the Development of Executive Functioning in Preschool and Elementary School-Aged Students (Session 3)  
Executive function is the overarching ability through which we regulate our thinking and behavior. Participants will learn about the foundation on which purposeful behavior is built and intelligence is deployed to engage effectively in the world. Participants will also learn about the ability to monitor student behavior as they engage in tasks and the essential need to realign strategies at any point that the strategy does not serve the ultimate goal. |
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<td>Supporting Your Child’s Self-Regulation through Mindfulness and Play (Session 1)</td>
<td>Merging mindfulness and play builds impulse control, emotional control, body awareness, and lowers anxiety. In this hands-on session, participants will learn specific, targeted strategies to support self-regulation at home and in the classroom. This session will bring together and distill research-based concepts from the fields of counseling and social work into a practical and creative tool box accessible to parents, teachers and clinicians alike.</td>
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<td>Talking Without Words: Helping Those Who Self-Harm (Session 2)</td>
<td>What are the signs that a student may be self-harming and what can parents do? This presentation will provide information on what self-harm is and what it is not, reasons teens engage in self-harm behaviors such as cutting and how supportive adults can help them to stop harmful behaviors and begin to find better ways to express their feelings.</td>
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<td>Teens in Translation (Sessions 1 &amp; 3)</td>
<td>Adolescence is a tricky stage of development, often fraught with confusion, frustration, sadness or anxiety for both teens and the adults who love them. In this session, Heather will share her unique perspective on adolescents and her approach for establishing a collaborative relationship with them by applying principles and strategies found to be effective with horses. Sound strange? Come and hear about how similar the behaviors of teens and horses really are and gain valuable tips on how to connect in a more powerful way with your teen. Develop a better understanding of your teen’s bewildering behavior. Significantly reduce your frustration by shifting your perspective. Leave with a simple formula for navigating some of the more difficult interactions you may encounter. Beneficial for parents and anyone who works with teens or tweens.</td>
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<td>The Power of Mindset (Session 1)</td>
<td>Research has shown that a growth mindset fosters higher student achievement. Participants will explore characteristics of teacher, student, and parent mindset and become familiar with strategies that promote a growth mindset.</td>
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| Suzanne Petersen  
Supervisor, Student Support Services  
Loudoun County Public Schools | The Role of Restorative Practices in Building Emotional Literacy  
(Session 3) | The session will focus on how the implementation of Restorative Practices in the schools increases social and emotional learning for our students and helps them successfully resolve conflict, communicate clearly, solve problems, and much more. Learn how the use of restorative language and circles teaches students empathy and self-awareness and creates a safe learning environment in the classroom. |
| Maria Genova, Ph.D.  
School Psychologist  
Fairfax County Public Schools  
Kelly Henderson, Ph.D.  
Executive Director, Formed Families Forward | Trauma 101: Empowering Families and Educators  
(Sessions 2 & 3) | Research suggests that approximately one in four children will experience a traumatic event by the age of 16. Families and educators, as frontline partners for children, benefit from strong foundational knowledge regarding 1) recognizing the signs of trauma, 2) understanding how trauma reactions may influence behavioral, emotional, and academic outcomes, and 3) home and school-specific strategies to address these issues. Through active learning, attendees will review these areas with an emphasis on developing strong home-school partnerships to further enhance students’ academic and social growth. Attendees will leave with practical strategies for immediate use, as well as knowledge of school and community-based resources. |
| Marcie Cohen, MSW, LCSW/LCSW-C  
School Social Worker  
Fairfax County Public Schools | Trauma and Its Impact on Younger Students  
(Session 1) | Participants will gain knowledge and awareness as to what constitutes psychological trauma and how it affects students’ bodies and brain functioning with an emphasis on younger students. |
| Beth Baldwin  
Educational Specialist, Advanced Academic Programs  
Fairfax County Public Schools  
Lori Bedsole  
Educational Specialist, Advanced Academic Programs  
Fairfax County Public Schools | Twice Exceptional Learners in the Elementary Classroom  
(Session 1) | Twice-exceptional (2e) learners have the ability to think, reason, and problem-solve at advanced levels but may also have special learning needs. Participants will explore the issues and challenges as well as strategies that may be implemented to ensure academic success for this unique group of learners. |
| Espinosa, Leo  
Fairfax-Falls Church Community Services Board | Understanding Depression and Anxiety  
(Session 1) | What is the impact of depression and anxiety? This presentation will take a deeper look into the signs and symptoms, risk factors and much more. Above all, providing you with tools to become a better self manager and find ways to cope with the illness. |
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| Khan, Sajjad, Ph.D., MSW, LCSW  
Therapist, Neuroscience, Inc. | Understanding Mood and Anxiety Disorders in Students (Session 2)  
This workshop is to inform parents, teachers, and students about the signs and symptoms associated with mood and anxiety disorders. The workshop will cover biological and environmental stressors as well as methods for assessment and treatment strategies, including cognitive-behavioral therapy (CBT) approaches. The topics will cover those aspects of mood and anxiety symptoms that impact functioning, quality of life, and academics. |
| Simmons, Dena  
Director of Education  
Yale Center for Emotional Intelligence | Understanding, Developing and Gaining the Skills for Creating an Emotional Charter (Session 2)  
We all thrive when we feel safe--at home, at school, at work, anywhere. As a follow-up to her Keynote presentation, Dr. Simmons will guide participants through a deeper understanding and application of an emotional charter. By participating in this experiential session, participants will gain the skills necessary to be able to build a charter of their own whether at work, home, or school. |
| Joy Holmer, LCSW  
School Social Worker  
Fairfax County Public Schools | What is This New Buzz Word...Executive Functioning? (Session 1)  
Come to find out how improving executive functioning will help improve your child’s attention, focus, impulse control, following directions, study skills, task initiation, and working memory |
| Mary Beth Quick  
Owner/Director, Heart and Soul Yoga | Yoga - Off the Mat and Into Life: Integrating Yoga Into the Classroom, Work Life, Home Life, and Everyday Life (Session 3)  
Many schools around the country are including yoga into the daily curriculum or offering after school yoga clubs. Yoga has been described as a discipline for focusing and connecting the mind, body and spirit; research has shown that practicing yoga can help improve overall physical and mental health, improve strength, improve self-regulation, increase acceptance of self and others and much more. Learn simple yoga poses, breath work and mindfulness skills that can be included in school, at work, at home... anywhere!! |