

Free Parent Workshops

Sponsored by the Logan County Healthy Families Task Force of the Healthy Communities Partnership

For families of young children:

Held at Christian Child Care Center, 721 Wyatt, Lincoln

Free child care will be provided

April 14 6:30-8:30pm Unscrambling ADHD:

Attention Deficit Hyperactivity Disorder (ADHD continues to be on the rise in young children. This training will give an overview of what ADHD is in young children and tips for parents and childcare providers on how to deal with this challenging disorder.

Presenter: Jade Utsler, Mental Health, Consultant, Caregiver Connections

April 23 6:30-8:30pm What to Do When Children Lose Control?

This training is to help parents and childcare providers understand more about challenging behaviors in young children. Participants will also examine the strong feelings challenging behaviors create within themselves. Participants will also learn to deal with challenging behaviors and explore solutions, strategies and interventions with difficult children that can make your day easier.

Presenter: Jade Utsler, Mental Health, Consultant, Caregiver Connections

For families of tweens and teens ages 12-18:

Held at ADI Education Center, 305 N. Kickapoo Street, Lincoln

April 20 6:30-8:30pm

The tube and you...You CAN influence your children

Learn how TV and other media influences your children. Drugs, alcohol, and sex are shown in popular shows. A simple one on one talk to your teen can help clear up misconceptions and discourage them to make wrong decisions. Learn how to start and end the conversation. Most importantly, learn how to feel comfortable talking about sensitive issues while sustaining a relationship with your teenager.

Jenna Rainis, B.S., CHES Health Educator

Logan County Department of Public Health

All workshops are free, however pre-registration is required. **The deadline to register is April 10, 2009.** To register call Community Child Care Connection at 1-800-676-2805 ext. 8225

Child care providers can receive training hours.



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