

## **Parenting Workshops Session A: 11:15am-12:15am**

### **Energy Conservation and Climate Change: Learn How Your Everyday Actions Can Save Wildlife *For Parent and Children (ages 5-12)***

Kristen Lewis Waldron, Director of Conservation Education/Integration Philadelphia Zoo, 215.243.5612, lewis.kristen@phillyzoo.org, Michelle Gentek Sustainable Camden County Freeholder Liaison  
Join Director of Conservation Education and Integration for an interactive session on how "Saving Energy Saves Wildlife". Discover how kids all over the Delaware Valley region have partnered with the zoo to create an energy conservation campaign at their schools, at home and in their communities. Learn how you can become involved in the Zoo's climate change initiative. Polar bears, butterflies and frogs are counting on your actions to change the fate of their future.

### **The Benefits of Attending a Two-Year College *For Parents and Adolescents (12-17)***

Don Delaney, Director of Program Outreach and Educational Services, Camden County College (856) 227-7200, ddelaney@camdencc.edu  
Community College provides students with the opportunity to start a career after graduation as well as save money prior to attending a four year college or university. This presentation will review all of the benefits a community college can offer a student during the decision making process.

### **Fun Fit Families**

#### ***For Parent and Children (ages 6-11)***

Pamela Hall, Fitness Specialist, William G. Roher Center for HealthFitness  
(609) 384-4687, phall@virtua.org

This fun physically active workshop demonstrates how fitness can be fun. Parents and children together will learn about physical games and exercises that can be enjoyed as a family. Everyday objects, exercise bands and small dumbbells will be used to show how to get fit and how to be a healthy family.

### **Fetal Alcohol Syndrome Disorder (FASD): The Effects of Drug and Alcohol on Pregnancy and Baby Development**

#### ***For Parent and Adolescent (ages 12-17)***

Jaclyn Papa, Risk Reduction Specialist  
(856) 665-6000, jpapa@snjpc.org

This vital educational presentation covers the effects of drugs -- especially alcohol -- on anyone of childbearing age and how it can affect fertility, pregnancies, the fetus, and pregnancy outcomes as far as birth defects.

### **7 Secrets to Raising a Healthy Family**

#### ***For Parent and Adolescent (ages 12-17)***

Michael Kirk, DC, Performance Health and Chiropractic  
(856) 727-8300, DrKirk@PerformanceHealthandChiro.com

Learn 7 of the most powerful lifestyle strategies for raising a healthy family. The goal of this workshop is for you to walk away with an easy to implement and effective lifestyle strategy that you and your family can start using immediately! Common dietary pitfalls that are sabotaging your family's health, exercise, stress and sleep will be explored.

### **Snack Attack - Yummy Solutions**

***For Parent and Child (ages 6-11), Parent and Adolescent (ages 12-17), Adolescent Only (ages 15-17)***

Robin Waddell, MPH, Rutgers Cooperative Extension

(856) 225-6169, waddell@njaes.rutgers.edu

This workshop enables participants to make healthy food snack choices and make snacks proportionally correct, colorful and appetizing to all ages. A review of MyPlate principles, portion sizes for kids and adults will lead to a discussion of snacks vs. treats, brainstorming healthy snack ideas, etc. Participants will enjoy a healthy recipe activity with take-away recipes.

### **Tips and Tricks: Childhood Nutrition**

***For Parent Only, Parent and Child (ages 6-11), Parent and Adolescent (ages 12-17)***

Khayriyyah Chandler, D.O. Family Physician

(856) 693-2302, khayriyyah.chandler@gmail.com

Mom and Dad... You are rushing, trying to get out of the house. Cereal is quick...but is it good for them? The Topic: NUTRITION. Get tips and tricks to add nutritious foods to your child's diet and foster healthy lifelong eating. Session includes an opportunity to ask questions that have not been asked or answered during well child checkups and preventative visits because of time constraints.

### **Nature Play: Loving the Earth Before You Save the Earth**

***For Parent Only, Parent and Child (ages 6-11)***

Maggie McCann, Environmental Educator, Camden County Parks Environmental Affairs Division

(856) 833-1469, maggie.mccann@camdencounty.com

Unless our eyes and ears are trained to see, many of life's wonders go unnoticed. Many programs preach "save the earth," but before children can save it, they need a chance to love it. Introducing children to nature is one of the best ways to foster that. Learn practical activities to nurture children's connection to animals, plants and rocks in their backyards.

### **Raising Authentic, Engaged and Resilient Kids in a Digital Age of Addiction, Perfectionism and Disconnection**

***For Parent Only***

Lu Hanessian, Certified Parent Educator, Award-Winning Writer, Author, Television Host and Producer

(856) 857-4356, info@wearyourspirit.com

Raising our children to thrive in complex, digitally driven times requires understanding what kids need, in order to harness their resilience and support them to be themselves, cultivate emotional intelligence, be anchored by a sense of purpose, and bounce back from adversity with their courage and hope intact. An explanation will be presented of the brain science of social engagement; fear of rejection; the truth about boredom; motivation and reward, and will reveal the keys to growing calm, authentic, and connected children.

### **School Related Bullying - Student Rights and School Obligations**

***For Parent and Adolescent (ages 12-17)***

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(856) 298-4225, jtanenbaum@mwm-law.com

This workshop is an easy nuts and bolts guide to the legal and practical issues parents face if their child is either the target of, or an accused aggressor in school-related bullying. Participants will understand who the law applies to and in what circumstances; what their rights are; what limits the law; what

schools are obligated and/or likely to do. The workshop will utilize real examples, visual aids and questions to provide true understanding.

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#### ***For Parent and Child (ages 6-11), Parent and Adolescent (ages 12-17)***

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Susquehanna Bank

(856) 310-0007, jennifer.murphy@susquehanna.net

Learn to be Money Smart is an introduction to banking services, setting financial goals through saving, managing credit and borrowing needs.

### **Be You, Be Awesome**

#### ***For Parent and Adolescent (ages 12-17), Adolescent Only (ages 15-17)***

Dustin Barnes, Supports Coordinator, Workshop Facilitator, Speaker

(909) 380-2540, dustinbarnes@temple.edu

The Be You, Be Awesome workshop is geared toward children and adolescents. It encourages each participant to appreciate the value and importance that they each possess as a unique individual. Interactive activities and games will be joined with upbeat and teen-friendly music throughout the presentation to highlight certain points, keep energy level high, and integrate with the activities. It will encourage themes like: be brave, be true to yourself, staying healthy and active, resisting negative peer pressure and more.

### **Personal Transformation - Tools For Self Coaching**

#### ***For Parent Only***

June Grushka-Rosen, M.Ed.

(856) 261-1963, ExtraordinaryYou@gmail.com

Engaging and interactive, this workshop energetically shares self-coaching strategies for transforming both the individual as well as the family unit. Through creative exploration exercises, attendees begin to put learned coaching principals into action. With gained understanding of principles, workshop members begin to receive clarity, reduced fear and anxiety and tools for setting and reaching personal and parenting goals. Participants will concretely learn the three key foundations for getting un-stuck without becoming unglued. All of this achieved while experiencing a higher degree of connection and joy. In addition, each participant will receive an Extraordinary gift guaranteed to heighten happiness.

### **You Can't Capture a Greased Pig**

#### ***For Parent Only***

Kevin Gregan, Vice President Behavioral Health Services, Barry Bailey, Executive Director, Genesis Counseling Center

(856) 858-9314, kgregan@genesiscenters.org

This workshop will focus on parental concerns about adolescents growing up in today's society and the difficult task that parents are confronted with when trying to navigate their adolescent's emotional growth and behaviors during this time in their lives. It will provide parents with information pertaining to the world our adolescents are being confronted, skills that can be used to support the teen and the parent as they navigate the murky waters of adolescence and tools on how to set limits and boundaries, for a positive outcome when limits and boundaries have been broken.

### **Full STEM (Science, Technology, Engineering and Mathematics) Ahead - Finding Science and Engineering Opportunities for Youth**

***For Parent and Adolescent (ages 12-17)***

Nick Timpanelli, Camden County 4-H Program Assistant  
(856) 216-7130, kinsey@aesop.rutgers.edu

This workshop will focus on fun, interactive STEM (Science, Technology, Engineering and Mathematics) activities that youth can conduct using simple, inexpensive materials from a curriculum called Design It! Explore It! Parents and their children are invited to attend to learn more about STEM activities that are available to youth through 4-H and other local organizations. Hands-on learning is fun and educational!

**Science in the Kitchen**

***For Parent and Child (ages 6-11)***

Fola Adebisi, Director, Wow! Science Camp, Cheryl Fisher, Wow! Science Camp  
(856) 258-9022, advisor@wowsciencecamp.org

Did you know that COOKING is science? How would you like to turn your kitchen into a big, fun LABORATORY? At this seminar, you will be shown simple experiments you can do in your kitchen that will make a lasting memory as well as educate your children on science basics. Chemistry will be brought to life using various kinds of ingredients and food types. These experiences will add a special meaning to food and cooking for you and your family.

**Parenting that Matters, Skills to Build a Secure Child**

***For Parent Only***

Chris Avery, Director of Educational Research, Bob Kohler Vice President for Educational Programming  
TURNING STONEchoice  
(800) 723-5405 rrkjr@hotmail.com

Positive choice-making is the most vital skill parents can foster in children. As parents, we are the initial, most influential teachers a child will have. This program teaches empowering choice-making skills, filling life with self-respect, responsibility and overcoming obstacles. The power of choice is an essential quality of academic and personal success. Participants will work in interactive groups and review prepared scenarios of child related life situations. A list of resources will be offered.

**Bully Proof Your Family with Confidence: Martial Arts, the Antidote for Bully Prevention**

***For Parent and Child (ages 6-11), Parent and Adolescent (ages 12-17), Adolescent Only (ages 15-17)***

Master Dan Allebach, Cherry Hill Martial Arts  
(856) 424-7070, cherryhillmartialarts@comcast.net

Learn how bullying can be prevented by building positive behaviors and attitudes in both parents and children. This session describes the warning signs of bullying and demonstrates through Martial Arts how to use different response strategies to keep the lines of communication open. Martial Arts develop the self confidence in children to be role models and to treat others with kindness and respect.

**Child Development: The First 3 Years**

***For Parent Only***

Teresa Ryan, Early Childhood Specialist, Camden County Department of Children's Services  
(856) 401-6430, tryan@camdencounty.com

Why is my child doing this? What is best for my child? How do I help my child? Parenting is a process, constantly questioning what should I do? Through the discussion of the stages of child development, you will gain an understanding of children's behavior and learn strategies for effective parenting.

## **Nurturing Families**

### ***For Parent Only***

Shanique Martin, Prevention Specialist, Anamaria Bailey Prevention Specialist,  
The Hispanic Family Center of Southern New Jersey  
(856) 963-0270, smartin@hispanicfamilycenter.com

This interactive workshop, taking into consideration participants' knowledge of the material, will cover topics strengthening families, HIV Prevention, Civics classes, Domestic Violence Counseling, Mental Health Treatment, and Parent Education and Parent-Child Activities, all free services at Hispanic Family Center. The facilitators will go in depth about children's' health and present the 1,2,3,4 Parenting Program: educating parents on the different stages of child development and behavior, parents' self-esteem, encouragement skills and prevention techniques.

## **Career Exploration: A Panel Discussion to Help You Start Thinking About Your Future Profession**

### ***For Parent Only, Parent and Child (ages 6-11), Parent and Adolescent (ages 12-17), Adolescent Only (ages 15-17)***

Tobi Schwartz-Cassell Founder & Editor-in-Chief, Girlfriendz Magazine and Panelists  
(856) 751-2997, tobi@thewordsourceusa.com

The moderator will interview the panel participants on their interesting careers. The panelists will tell a little bit about what they do and then will answer questions from the moderator and the audience.

## **Managing the Worry Monster: Playful Strategies for Parents**

### ***For Parent and Child (ages 6-11)***

Rachel Franzini Hutnick, MA, LAC, Licensed Associate Counselor, Susan Clark, MA, Program Advisor,  
The Center for Counseling and Education, LLC  
(856) 985-9091, rlhutnick@gmail.com

All children experience stress. In fact, 20 percent of our children suffer with anxiety disorders. Parents can really make a difference. After a brief child-friendly overview about anxiety and its consequences, you will practice playful strategies to help your child manage worries and fears. These proven play therapy techniques will boost self-confidence and strengthen the parent/child relationship, as well as help your child develop coping strategies. Parents will leave with a clear plan of action based on the latest research to help reduce anxiety in children. Come ready for fun!

## **Whatever Every Parent Needs to Know about Good Mental Health**

### ***For Parent Only***

Stephanie Green, Treatment Home Coordinator, Tia Sanders, Program Director  
(609) 880-0210, stephanie@crossroadsprograms.org

Today's children are exposed to much more trauma and challenges than their parents' generation. Parents face more challenges raising children in this generation than in the past –Is my kid being bullied? Is my kid a bully? What was my kid thinking when (s)he did that? This interactive workshop will look at adolescent development (especially around the brain so maybe you we can figure out what they are thinking), coping skills and what everyone needs for good mental health for themselves and their child. If you cannot take care of you – you can't take care of anyone else.

## **Early Childhood Reading**

### ***For Parent Only, Parent and Child (babies, toddlers, pre-school, school age)***

Lisa Whitley Senior Librarian, Candace Worrell, Children's Librarian, Camden County Library System  
(856) 772-1636, emoore@camdencountylibrary.org

Reading is essential to school success! Help your child get ready to read with these simple activities.  
Camden County Children's Librarians will present a story time for all ages and share tips for caregivers.

### **Experiential Tourism - Retracing History**

#### ***For Parent Only, Parent and Child (ages 6-11), Parent and Adolescent (ages 12-17)***

Noreen Bodman, Executive Director Crossroads of the American Revolution

(609) 633-2060, nbodman@revolutionarynj.org

This workshop will introduce participants to the stories of individuals who turned the tide of the American Revolution in New Jersey and helped change the course of history for our state, our nation and indeed the world. There will be suggested historic day trips you and your family can share and talk about, making history come alive for you and your children in a unique way.

### **Loving My Reflection in the Mirror: 7 Keys to Boosting Self-Esteem and Mastering Healthy Body Image**

#### ***For Parent and Adolescent (ages 12-17)***

Crystal Pizarro Licensed Professional Counselor, National Certified Counselor, Certified Holistic Life Coach, Advanced Wellness Solutions LLC

(609) 320-6339, advancedwellnessolutions@gmail.com This dynamic workshop will bring a warm and uplifting approach to this serious epidemic of bad feelings about their body image facing many adolescent girls. Attendees will walk away with a new perspective on self-esteem and body image as well as tools they can easily incorporate into their lives immediately. Together, caregivers and teens will learn how to:

- Increase the volume on positive self-talk
- Show up in life through celebrating their uniqueness
- Meet themselves where they are in life without judgment
- Awaken the strengths and gifts inside themselves
- Feed the body, not emotion, and how to discern the difference
- Utilize healthy skills to cope with stressful experiences.

### **Addiction and the Family**

#### ***For Parent Only***

David Alfe, Clinical Outreach Coordinator BA/CADC, Livengrin Foundation for Addiction Recovery

(610) 517-8898 dalfe@livengrin.org

The content of the workshop will be focus on the family's role in addiction, highlighting enabling and co-dependency. The discussion will look into breaking the cycle of co-dependency and discuss ways the family can intervene to assist loved ones into accepting treatment. The discussion will include how the family can heal along with their loved ones.

### **Learning Outside the Classroom: Enabling Students to Pursue Passions Beyond the School Curriculum**

#### ***For Parent and Adolescent (ages 12-17)***

Alexander Law Consultant, Kate Morgan

(609) 217-4602, alaw332@gmail.com

Young professionals will explore, and share their expertise with participants in exciting careers such as, journalism, entrepreneurship, applied math, drama, creative writing and communications.

### **Drug Trends & Resources**

#### ***For Parent Only***

Andrea Marshall Camden County Council on Alcoholism & Drug Abuse, Inc. Director of Education

(856) 427-6553, csicamdencounty@verizon.net

During this interactive presentation, information on "popular" and "trendy" drugs of choice among youth and young adults in our region will be discussed as well as "best practices" to promote a message of prevention. In addition, handouts will be distributed for reinforcement of the discussion and resources.

## **Parenting Workshops Session B: 12:30pm-1:30pm**

### **Energy Conservation and Climate Change: Learn How Your Everyday Actions Can Save Wildlife *For Parent and Children (ages 5-12)***

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**Child Development: The Preschool Years**

***For Parent Only***

Teresa Ryan, Early Childhood Specialist, Camden County Department of Children's Services  
(856) 401-6430, tryan@camdencounty.com

Why is my child doing this? What is best for my child? How do I help my child? Parenting is a process, constantly questioning what should I do? Through the discussion of the stages of child development, you will gain an understanding of children's behavior and learn strategies for effective parenting.

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**Managing the Worry Monster: Playful Strategies for Parents**

***For Parent and Child (ages 6-11)***

Rachel Franzini Hutnick, MA, LAC, Licensed Associate Counselor, Susan Clark, MA, Program Advisor,  
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you will practice playful strategies to help your child manage worries and fears. These proven play therapy techniques will boost self-confidence and strengthen the parent/child relationship, as well as help your child develop coping strategies. Parents will leave with a clear plan of action based on the latest research to help reduce anxiety in children. Come ready for fun!

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### **Digital Resources at your Library**

#### ***For Parent and Child (ages 6-11), Parent and Adolescent (ages 12-17)***

David Lisa, Associate Director, Candace Worrell, Children's Librarian, Camden County Library System  
(856) 772-1636, emoore@camdencountylibrary.org

Did you know that in addition to physical materials like books and DVDs, a Camden County Library Card is your key to a multitude of electronic resources? Catch this demo of many of the library's online offerings that include test prep, animated books, digital magazines, mp3 downloads, and much more!

### **Experiential Tourism - Retracing History**

#### ***For Parent Only, Parent and Child (ages 6-11), Parent and Adolescent (ages 12-17)***

Noreen Bodman, Executive Director Crossroads of the American Revolution  
(609) 633-2060, nbodman@revolutionarynj.org

This workshop will introduce participants to the stories of individuals who turned the tide of the American Revolution in New Jersey and helped change the course of history for our state, our nation and indeed the world. There will be suggested historic day trips you and your family can share and talk about, making history come alive for you and your children in a unique way.

### **Loving My Reflection in the Mirror: 7 Keys to Boosting Self-Esteem and Mastering Healthy Body Image**

#### ***For Parent and Adolescent (ages 12-17)***

Crystal Pizarro Licensed Professional Counselor, National Certified Counselor, Certified Holistic Life Coach, Advanced Wellness Solutions LLC

(609) 320-6339, advancedwellnesssolutions@gmail.com This dynamic workshop will bring a warm and uplifting approach to this serious epidemic of bad feelings about their body image facing many adolescent girls. Attendees will walk away with a new perspective on self-esteem and body image as well as tools they can easily incorporate into their lives immediately. Together, caregivers and teens will learn how to: • Increase the volume on positive self-talk • Show up in life through celebrating their uniqueness • Meet themselves where they are in life without judgment • Awaken the strengths and

gifts inside themselves • Feed the body, not emotion, and how to discern the difference • Utilize healthy skills to cope with stressful experiences.

### **Addiction and the Family**

#### ***For Parent Only***

David Alfe, Clinical Outreach Coordinator BA/CADC, Livengrin Foundation for Addiction Recovery  
(610) 517-8898, dalfe@livengrin.org

The content of the workshop will be focus on the family's role in addiction, highlighting enabling and co-dependency. The discussion will look into breaking the cycle of co-dependency and discuss ways the family can intervene to assist loved ones into accepting treatment. The discussion will include how the family can heal along with their loved ones.

### **Learning Outside the Classroom: Enabling Students to Pursue Passions Beyond the School Curriculum**

#### ***For Parent and Adolescent (ages 12-17)***

Alexander Law Consultant, Kate Morgan  
(609) 217-4602, alaw332@gmail.com

Young professionals will explore, and share their expertise with participants in exciting careers such as, journalism, entrepreneurship, applied math, drama, creative writing and communications.

### **Drug Trends & Resources**

#### ***Parent Only***

Andrea Marshall Camden County Council on Alcoholism & Drug Abuse, Inc. Director of Education  
(856) 427-6553, csicamdencounty@verizon.net

During this interactive presentation, information on "popular" and "trendy" drugs of choice among youth and young adults in our region will be discussed as well as "best practices" to promote a message of prevention. In addition, handouts will be distributed for reinforcement of the discussion and resources.