

Choose your workshops and then register for your selections online

Note: There are three sessions of workshops. Not all workshops are presented in all sessions. Check individual listing for available sessions.

Session A: 9:45-10:45 a.m.

Session B: 11 a.m.-12 p.m.

Session C: 12:15 p.m.-1:15 p.m.

For Parents, Teens and Pre-Teens

Imagine! What Do You Want to Be When You Grow Up? Adults and Children Ages 9-18 Sessions A, B
Please join these two interactive workshops featuring several panelists with different careers or professions and hear their journeys about what they do and what it takes to enter their fields.

Parent Only Workshops

Alternatives to the Traditional Divorce Process: Divorce Mediation and Collaborative Divorce

Sessions A, B, C

Karen P. Sampson, Esquire, Divorce Mediator and Collaborative Divorce Attorney, Judith A. Feldman, MSW, LCSW

856.439.0068, karenpsampson@yahoo.com

Learn about alternatives to the traditional divorce processes, Divorce Mediation and Collaborative Divorce. This informative workshop discusses how these processes can be better for the family than traditional divorce as the entire family experiences the life transition that results from divorce. This will be followed by a lively question and answer and discussion period.

Effective Communication - Positive Solutions for Families Sessions A, B

Dr. Mitchell Liss, Psy.D, Virtua Castle Program

856.246.3643, mliss@virtua.org

This informative session will provide parents with ideas on how to promote children's social and emotional skills, understand problem behavior, and use positive, problem solving approaches to help children learn appropriate behavior. Learn how this information, along with activity-based learning opportunities, addresses the challenging behavior and mental health needs of children in child care and Head Start programs.

Helpful Grief Sessions A, B, C

Ann Coyle, RNC

609.502.7552, tacoye91@aol.com

Review your own grief experience, the good and the bad. This workshop discusses the stages of grief for children of all ages and includes helpful tips on dealing with grief.

Pick Up The Keys To Success At Your Local Library Sessions A, B, C

Emily Chornomaz, Principal Librarian, Head of Youth Services, Ann Marie Latini, Senior Librarian, Young Adult Services, Camden County Library System

856-772.1636, ext. 7321, echornomaz@camdencountylibrary.org; amlatini@camdencountylibrary.org

The Search Institute's Developmental Assets consist of 40 common sense, positive experiences and qualities that have been shown to influence young people's success in becoming caring, responsible adults. These assets strive for positive youth development, highlighting the opportunities, relationships and personal qualities that young people need in order to avoid risks and thrive. Where does the Library fit in? Through programming, collections, volunteer opportunities, and a sense of community, libraries are working every day to help your child become a successful adult.

Preventing Parent Burnout! Session A

Ms. Doreen Finley, Regional Coordinator, Parents Anonymous of New Jersey Inc.
609.585.7666, DFinley@paofnj.org

Preventing Parent Burnout is a dynamic, interactive workshop where parents will learn to identify the three myths of parenting, why your children challenge you, symptoms of parent burnout, theory of change and how to embrace change in your family. Learn how to develop a new plan to reduce stress in your parenting role.

Raising A Healthy Athlete Sessions A, B, C

Dr. Michael Kirk, Owner Performance Health and Chiropractic
856.727.8300, drkirk@performancehealthandchiro.com

Join this dynamic workshop to help your child prevent injuries, optimize performance and enjoy a lifetime of good health! You will learn the five (5) most important things that should be evaluated PRIOR to stepping on a playing field and essential nutritional requirements for each athlete. Questions such as, is technology (cell phones, television, video games, etc.) altering performance or are protein shakes/bars, energy drinks healthy, will be addressed.

Getting Involved, The Father's Role? Sessions A, B, C

Osaze Gray, Camden Comprehensive Center for Fathers, Assistant Executive Director, Genesis Economic Self Sufficiency Program

856.963.1311, ext. 103, ogray@genesiscamden.org

This interactive and effective workshop, modeled from the 24/7 DAD curriculum, is designed to help men hone their parenting skills as they learn about themselves and the role they have with their children and families. Experience how to strengthen relationships with your children and/or significant other.

The Homework Trap: How to Save the Sanity of Parents, Students and Teachers Sessions A, B, C

Kenneth Goldberg, Ph.D, Clinical Psychologist

856.547.4000, kennethgoldberg@comcast.net

"Do you have any homework?.. Did you finish your homework?... Why didn't you do your homework?" Do you often say these words? If so, you (and your child) may be in the homework trap. In this workshop, we will review the current homework debate. Learn why children do not do their homework and consider homework resistance from a new point of view, and address the relationship between your family and the school. Explore specific recommendations about what a parent can do at home in collaboration with the school, and how communities can reconsider their homework policies.

The Picky Eater Sessions A, B

Sarah Cerone, MA, CCC-SLP, Speech Language Pathologist

856.489.4520, scerone@weismanchildrens.com

“The Picky Eater” presentation is a parent friendly lecture for parents of toddlers and primary school aged children. It gives insight into picky eaters and sometimes problem feeders. Topics include activities that involve the children to promote introduction to new foods, increase their desire to eat, and the appropriate times to refer to a specialist if needed. There will be ample opportunity throughout the session to ask questions and receive helpful information to help you and your child have a pleasant mealtime experience.

What Every Parent Needs to Know About Good Mental Health Sessions A, B, C

Tia Sanders, LCSW Program Director, Kristen Tahaney, LCSW, Program Director
609.880.0210, ext. 35, tia@crossroadsprograms.org

Children today are exposed to much more trauma and challenges than children in 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’s on the computer and television? What was my kid thinking when (s)he did that? This interactive workshop will look at adolescent development (especially around the brain so maybe 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 can’t take care of you – you can’t take care of anyone else.

Why Is Everybody Yelling? Why We Are All on Edge and How to Cultivate a Calm, Connected Family in an Age of Distraction, Chronic Stress and Conflict Session A

Lu Hanessian, award-winning writer, author, educator, national speaker, television personality, Founder and CEO, WYSH (Wear Your Spirit for Humanity)
856.857.4356, info@wearyourspirit.com

We are living in an age of distraction, chronic stress and disconnection. And yet, we are more wired and virtually connected than ever before in history. What is the “disconnect” about? Eighty-eight percent of parents in the U.S. admit they yell at their kids. Is yelling the new normal? What is stress doing to our kids’ brains and ours? How does stress affect empathy, inspiration and joy? What is the effect on our relationships, our wellbeing and our capacity to connect with our kids as they grow--not just so we can be valuable and influential guides for them, but so we can cultivate and sustain abiding connection with them while they are with us and in the future? We want to keep the light on. What does that take and what gets in the way? In this important, interactive session, these questions and more will be addressed.

Yoga for Parents Session B

Ashley Costa, Trained, Our Lady of Lourdes Institute of Holistic Studies
856.296.9051, amill81@yahoo.com

This Yoga session is a combination of breathing and relaxation techniques along with moderate physical exercise, ending with a final relaxation. Modifications will be offered, making the class suitable for any fitness level. Participants will learn a few tips to help bring a little bit of peace to each day.

You Cannot Capture a Greased Pig Sessions A, B, C

Kevin Gregan, VP Behavioral Health Services, Barry Bailey, Exec. VP/CEO
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 adolescents’ emotional

growth and behaviors during this time in their lives. Parents will have the opportunity to ask questions pertaining to their adolescents' activities and behaviors and learn how to effectively set limits in a way that produces positive outcomes.

Connect: Suicide Prevention and Intervention Training - 2 hour session Only: 9:45-12pm (Must Take Both Sessions A and B)

Barbara Maronski, LSW, TLC Camden County Coordinator
609-230-8933

Connect Suicide Prevention/Intervention is a two hour gate-keeper training that increases the capacity of community members, including parents and caregivers to prevent suicide across the lifespan. Connect has been designated as a National Best Practice Program that uses a public health approach and incorporates the key elements of the National Suicide Prevention Strategy. Connect's curriculum covers how to identify suicide risk factors, protective factors and warning signs and intervene with a person at risk. Building on that foundation, Connect focuses on the community as a whole and how to work across systems to build a safety net for people at risk.

Parent & Child

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

Sessions A, B, C

Master Dan Allebach, Cherry Hill Martial Arts & Fitness
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.

Children and Parents, Nutrition and Exercise Session A (10-15 participants)

Pamela Hall, Fitness Specialist, A.C.E. Certification, FitSmart Kids Program
856.325.5350, phall@virtua.org

Find out about the importance of physical activity for you and your family. Have fun while learning partner exercises that you and your child can do at home with minimal to no equipment. Wear comfortable clothes and sneakers.

Science in the Kitchen Sessions A, C

Fola Adebisi, Director, WOW! Science Camp and Hands on Science
856.258.9022, advisor@wowsciencecamp.org or fadebi@mysciencepartner.com

Did you know that COOKING is science? How would you like to turn your kitchen into a big, fun LABORATORY? This hands-on workshop will show you 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.

Teaching Children to Save – Ages 4 – 8 Session A (9:45-10:15)

Jennifer Murphy/Shawn Poinsett, Assistant Vice Presidents, Susquehanna Bank
856.310.0007/856.665.8000, jennifer.murphy@susquehanna.net; shawn.poinsett@susquehanna.net

This workshop teaches Dollars and Cents Sense. Learn how to identify coins and their value.

The Big Read: Storytelling Adventures and Art, Featuring Stories by Author Rudolfo Anaya: “Juan and The Jakelope”, “Roadrunner’s Dance”, and “The First Tortilla” Session B

Storyteller, Kyle Jakubowski and Rutgers-Camden Center for the Arts (RCCA), Noreen Scott Garrity, Associate Director, Education, Carmen Pendleton, Community and Artists Programs Manager, Miranda Powell, Program Assistant, Rutgers-Camden Center for the Arts
856.225.6306, ngarrity@camden.rutgers.edu

Come to hear the Storyteller weave a delightful word magic and captivate pre-school aged children through storytelling. This session includes several stories, which the participating children help tell, through call and response, creative movement and other ways that provide engaged learning and encourage a love of words and an interest in reading. After the story, the children will create an artwork inspired by one of the stories, designed by the Center for the Arts Staff.

Parent and Teens

4-H SET Fun for Families Session B

Debbie Troiani, Program Assistant, Maggie McCann, Community Assistant
856.216.7130, ext. 5, camden4h@aesop.rutgers.edu

Using field-tested, engineering-focused and informal curriculum, families will build simple models of familiar technology and then improve upon their design. The program is hands-on and cooperative, with clear basic objectives as well as interesting extensions. In this project+ families will explore the principles of electricity by working together and problem solving to create a model house with a functional circuit board. Participants will also see demonstrations of other activities from this curriculum including: paper gliders, string telephones, spinning toys and roller coasters.

Adolescents and Parents, Nutrition and Exercise Session B, C (10-15 participants)

Pamela Hall, Fitness Specialist, A.C.E. Certification, FitSmart Kids Program
856.325.5350, phall@virtua.org

Find out about the importance of physical activity for you and your family. Have fun while learning partner exercises that you and your teen can do at home with minimal to no equipment. Wear comfortable clothes and sneakers.

Digital Privacy: Setting Healthy Boundaries for Healthy Relationships in Social Media, Phones and Online Sessions A, B, C

Michele Pollock, Program Supervisor, Camden County Women’s Center
856.963.5668, ext 117, mpollock@njonline.org

Adolescents and parents will learn about the importance of setting electronic boundaries in social media, cell phones, and the Internet. Many adolescents do not have the tools to navigate electronic media in a way that keeps them safe and their relationships healthy, even though they are often more savvy than their parents in hardware usage! Electronic communication – from texting, social media, and others - now make up a large part of teen relationships. This workshop will use video, audience participation, role playing, and handouts to begin a conversation about creating and maintaining healthy electronic relationships, with the goal of creating healthy, safe “in person” relationships.

E-Resources at Your Library Sessions A, B, C

Christen Orbanus, Young Adult Librarian, Camden County Library
856.772.1636 ext. 7360, corbanus@camdencountylibrary.org

Did you know that in addition to materials like books and DVDs, a Camden County Library card is your key to a multitude of electronic resources? This workshop will demonstrate many of the library's online offerings that include test prep, animated books, digital magazines, mp3 downloads, job search and much more!

Gardening 101: Growing vegetables in raised beds, pots and more Sessions A, B

Mark S. Wellner has been a home gardener and Camden County resident for 25 years, and became a Master Gardener in 2012.

609-929-2768; markw@irf-inc.com

The workshop will include a PowerPoint presentation with breaks and pauses to demonstrate the construction of a raised bed, the use of pots, how to plant various types of seeds and plants, and creating plant support structures. Where possible, volunteers will be asked to assist and participate.

Healthy Eating and Exercise Activities for the Whole Family Session A

Alminda D'Agostino, MPH, CHES, Health Educator III, Horizon NJ Health
609.718.9403, alminda-d'agostino@horizonnjhealth.com

The goal of this workshop is to teach participants how they can eat healthy as a family and without spending too much money. Participants will learn at least five tips on how to buy fruits and vegetables, at least five tips on how to eat better on a budget, at least three tips on how to prepare a grocery list and maintain an established budget and how to plan family meals. To enhance the presentation, presenter will show participant examples of typical foods families have at home that are high in saturated fats and sugar. Presenter will demonstrate exercises that families can do together at home and will ask participants to practice the exercises.

Hábitos Alimenticios Saludables y Ejercicios para Toda la Familia Session B

Alminda D'Agostino, MPH, CHES, Educadora en Salud, Horizon NJ Health,
609.718.9403alminda_d'agostino@horizonnjhealth.com

En esta presentación, los participantes aprenderán como las familias pueden comer de una forma saludable sin tener que gastar mucho dinero. Los participantes aprenderán por lo menos cinco formas de comprar frutas y vegetales, por lo menos cinco consejos sobre cómo comer saludable siguiendo un presupuesto, por lo menos tres formas de preparar un lista de compras y mantener el presupuesto y cómo planificar comidas para toda la familia. Para realzar la presentación, los participantes verán ejemplos de alimentos que usualmente tienen en el hogar y son altos en grasas saturadas y azúcar. La presentadora demostrará ejercicios que las familias pueden hacer en el hogar y exhortará a los participantes que practiquen los ejercicios.

Natural alternatives for teen healthcare: Sessions B, C

Dr. Gary Knight is a licensed physical therapist and chiropractor whose mission is to provide quality treatments and techniques in understanding and managing any health issues.

856-910-0495; concordhealthnews@gmail.com

Discover how the chiropractic model can work as an effective resource for natural alternatives for your child's healthcare; learn about other health and wellness resources that promote natural alternatives.

Nutrition for Adolescents and Parents

Dr. Veena S. Gandhi, MD, Obstetrician/Gynecologist Session A
856.428.2522

One of the most important discussions for all of us to have is about food and nutrition. It is not inappropriate to say, "We are what we eat". In this session, participants will learn the kinds of foods to eat, principles of nutrition, calorie requirements, fluids to drink, and how to govern and balance all their physiological issues for the ideal lifestyle with proper nutrition.

Teaching Children to Save – Ages 9 – 14 Session B

Jennifer Murphy/Shawn Poinsett, Assistant Vice Presidents, Susquehanna Bank
856.310.0007/856.665.8000, jennifer.murphy@susquehanna.net/shawn.poinsett@susquehanna.net
This session teaches participants how to understand and recognize the difference between wants and needs and gain experience on how to prioritize needs over wants.

What Does the Human Knot, 12 Traits, Pretzels and M&M's Have to Do with Leadership!

Sessions A, C

Taylor Gilbert, Program Associate, BA Education, and History, Alice Paul Institute
856.231.1885, tgilbert@alicepaul.org

This workshop, using lesson samples from a leadership course called "Lead-A-Way", is designed to teach the components of a leader and how to utilize the 12 traits of a leader. Cooperative group activities in which the participants learn the dynamics of team building and cooperation through activities such as a human knot, communication with picture building using M&M's and pretzels and leadership with social media are emphasized.

Working as a team in clay. Session A

Hollis Citron and Abbie Kasoff-Gray are CEOs of Say it with Clay. Hollis has degrees in Ceramics and Art Education and has been teaching since 1991. Abbie has degrees in Ceramics and Art Therapy and has spent the last 19 years in social work.

856-858-5994; info@sayitwithclay.org.

The workshop is interactive, using a project chosen by the instructors to be worked on by teens and parents as a team. They will work from beginning to end on a piece, starting with ideas and building a piece. This promotes a positive and effective communication. The pieces are for planning and building, but are not painting, saving and taking home.

Teens Only

Teaching Children to Save, Ages 14-18 Session C

Jennifer Murphy/Shawn Poinsett, Assistant Vice Presidents, Susquehanna Bank
856.310.0007/856.665.8000, jennifer.murphy@susquehanna.net/shawn.poinsett@susquehanna.net
Learn, through the introduction to banking services, to be Money Smart, set financial goals through saving, manage credit, and borrowing needs.

Yoga for Adolescents Session A

Ashley Costa, Our Lady of Lourdes Institute of Holistic Studies

856.296.9051, amill81@yahoo.com

The session will include a combination of breathing and relaxation techniques along with moderate physical exercise, ending with a final relaxation. Modifications will be offered, making the class suitable for any level. Hopefully, students will be able to take a few tips with them to help bring a little bit of peace to each day.