

Dear Parents and Friends of CHC,

Welcome!

Welcome to the 2015-2016 season of Parent Education!
We're looking forward to a great year and we look forward to seeing old friends and meeting new ones.

For those of you who came last year, thank you so much for your participation and feedback during last year's classes. Your suggestions enable us to provide classes we know you'll love. We're thrilled that about 2,000 of you joined us for parent education and over 99% reported you learned something new or helpful in your journey with your kids and teens and would recommend one of our classes to a friend.

There will be new information this year about ADHD, Learning Differences, Anxiety & Depression and Autism. Last season we added the Positive Parenting sessions and those classes were very well received. This year we are adding two new sessions to that category: 1) the stresses boys face as they grow up, and 2) how to help our stressed and anxious teens.

If you haven't attended before, understand that classes are free and taught by our helpful, friendly experts from CHC. We'll make sure your time here is practical, hands-on and fun. Please remember, you can find the presentation notes from the classes in our online library at www.chconline.org/resourcelibrary if you need them for reference later on.

"I thoroughly enjoyed both speakers this evening. They were articulate, bright, engaging, sensitive and shared amazing experience and knowledge of literature."

"I don't feel so alone. There are many others who are dealing with difficult behaviors with their children."

"Very helpful and interesting. Made me think differently about my son's behavior that sometimes looks like ADD, sometimes looks like anxiety."

Whether new or returning, we look forward to seeing you at classes this year.

My best,

Rosalie Whitlock

Rosalie Whitlock, PhD
Executive Director
Children's Health Council



New parent education classes for 2015-2016!

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650 Clark Way
Palo Alto, CA 94304

FREE Parent Education

Children's Health Council Parent Education 2015-2016

Parent Classes about kids, for parents.



Join us as our experts answer
your questions and provide
positive parenting strategies
for success at home,
at school and in life.



Children's Health Council

We believe in a world where every child can reach their promise and potential. **Our mission** is to remove barriers to learning, helping children become resilient, happy and successful at home, at school and in life. Our approach promotes Social Emotional Learning, Academics, Executive Functioning and Physical Development. **We serve families** in Silicon Valley as well as the greater San Francisco Bay Area through our Center, two schools and Community Clinic.

The Center

Evaluation. Therapy. Learning.

Free parent consultations, expert multidisciplinary evaluations, personalized therapy and innovative programs (at CHC or your child's school) increase every child's ability to learn and achieve the balance necessary to enhance life experience and improve school performance. Ages 2-17.

Ramsey Khasho, PsyD, Director

Sand Hill School

Dyslexia and language-based learning differences.

The Learning EDGE for students with average to above average intelligence with diagnosed language-based learning differences such as dyslexia and the attention and social challenges that often accompany them. Grades K-7, expanding to K-8.

Cindy Lopez, Head of School

Ramsey Khasho, PsyD, Director of Clinical Services

Esther B. Clark School

Therapeutic day school.

Therapeutic day school provides transformative education where children with severe emotional and behavioral issues re-engage in learning and develop the positive behaviors necessary to transition back to a district school. Grades 2-10.

Chris Harris, Head of School

Community Clinic

Serving the underserved.

Nurturing specialists assess children and deliver behavioral health services to underserved families. Our culturally-sensitive and diverse staff is committed to working with families in Spanish and English in various Bay Area locations. Ages 0-18.

Joan Baran, PhD, Director

Parent & Professional Education

Classes, meetings and resources.

Unique classes offered onsite from September through May and presented by Children's Health Council's experts in behavioral health, education and child development. Classes provide insights and answers on child behavior issues, executive functioning, teen stress, signs and tips for ADHD, LD, Anxiety & Depression and Autism and supporting success for all children. To sign up for classes, visit chconline.eventbrite.com.

Micaela Randolph, EdD, Director



Children's Health Council

650 Clark Way • Palo Alto, CA 94304 • 650.326.5530 • www.chconline.org

Positive Parenting

I just want to be the best parent I can be.

Please join us for any or all classes in this series devoted to positive parenting and led by our top notch team of experts at CHC. You'll receive insights and tips about several topics of interest and have a chance to spend time with other parents of kids and teens.

Wednesdays 6:30-8:00 p.m.

Oct. 14: *Developmental Milestones of Early Childhood, Ages 0-6.*

Nov. 11: *Executive Functioning: What It Is and How to Support It, All ages.*

Jan. 27: *Growing Up Male: It's Not Easy, All ages.*

March 9: *Supporting Siblings of Challenged Kids, All ages.*

March 30: *Social Emotional Learning for Life Success, All ages.*

May 18: *Family Dynamics with Challenging Kids, All ages.*

May 25: *Our Teens Are Stressed! What Do We Do? All ages.*

ADHD

ADHD can be confusing.

Looking Into ADHD

Because ADHD appears in different ways, it can be confusing. Whether you're wondering about your youngster or you already have an ADHD diagnosis, Dr. Glen R. Elliott and his expert group will bring clarity and understanding to this topic. The series describes how to identify and cope with ADHD and includes detailed information about the complexities of medication.

All ages.

Wednesdays 6:30-8:00 p.m.

Sept. 16: *Signs of ADHD and How to Cope at Home*

Sept. 23: *To Medicate or Not*

Sept. 30: *Non-Medication Intervention Strategies*

Evaluations & IEPs

What do all those numbers mean?

Sorting Out Evaluations and IEPs

Evaluations and IEPs are key to your child's success. But what do all the numbers really mean? This series helps you understand psychological and educational testing and demystifies the IEP process. Director of Esther B. Clark School Chris Harris and Dr. Ramsey Khasho's Center team share their knowledge and expertise on this critical topic. **Ages 5-17.**

Wednesdays 6:30-8:00 p.m.

Oct. 21: *Psych Testing: What Do All the Numbers Mean?*

Oct. 28: *Demystifying the IEP Process*

Dyslexia & Learning Differences

Kids learn differently.

A Closer Look at Dyslexia, LD and Reading

Do you have the feeling something just isn't working for your child at school? Have you noticed delays with language? Trouble forming letters? Reading difficulties? Join us for a closer look at learning differences and their effects on reading with our specialists at Sand Hill School and Head of School Cindy Lopez. **Grades K-6.**

Wednesdays 6:30-8:00 p.m.

Jan. 13: *Does My Child Have a Reading Problem?*

Jan. 20: *Signs of LD and Tips for Helping*

Behavior

Why is my child doing that?

Taking A Look at Behavior

This series led by Director of Esther B. Clark School Chris Harris and behavior specialists from his staff will help you understand your child's challenging behaviors better and will provide practical techniques and strategies to help you foster positive behaviors in your kids.

Ages 0-17, ages 0-6.

Wednesdays 6:30-8:00 p.m.

Feb. 24: *Challenging Behavior: Identification and Response*

April 27: *Behavioral Challenges in the Child Age 6 and Under*

Anxiety & Depression

It's hidden and it hurts.

Trying to Understand Anxiety & Depression

These days anxiety is the number one problem interfering with kids' emotional well-being. Anxiety can also be combined with attention or learning problems. Learn how to understand your anxious child's reactions, how to respond and how to help your youngster with tools for success. Dr. Ramsey Khasho's knowledgeable team provides help and direction. **All ages.**

Wednesdays 6:30-8:00 p.m.

March 16: *Children and Anxiety*

March 23: *What Are the Warning Signs? Depression and Suicide*

Autism

Autism is on the rise.

An Expert Look at Autism Spectrum Disorder

We still do not understand the causes of autism and facing it can be overwhelming. We know early intervention gives children a better chance at long-term success. Find out what to look for, early intervention options and strategies for helping your child. Brought to you by Dr. Joan Baran and her group of specialists. **Ages 0-15.**

Wednesdays 6:30-8:00 p.m.

April 13: *Recognizing the Signs of Autism and What to Do Next*

April 20: *Supporting Success for an Autistic Child*

Leading the Way at Children's Health Council



Rosalie Whitlock, PhD, Executive Director, CHC & Educational Specialist
With her PhD in Diagnostic Prescriptive Education and over 30 years experience assessing and treating children facing learning differences, Dr. Whitlock is a leader in the field. She was Head of Charles Armstrong School for 11 years and is a former board member of the International Dyslexia Association.



Joan Baran, PhD, Licensed Psychologist & Community Clinic Director, CHC
With over 20 years experience working with young children, Dr. Baran's expertise includes infant and young child assessment, Autism Spectrum Disorder and developmental disabilities. She is proficient in Spanish.



Glen R. Elliott, PhD, MD, Chief Psychiatrist & Medical Director, CHC
Dr. Elliott diagnoses and treats severe psychiatric disorders in children and adolescents. He is internationally known as an expert in psychoactive medications and is the author of *Medicating Young Minds: How to Know if Psychiatric Drugs Will Help or Hurt Your Child.*



Chris Harris, MEd, Director of Esther B. Clark School, CHC
Chris has spent years developing and implementing specialized programming for children with learning, social-emotional and attention challenges. He has directed three specialized schools for children with moderate learning disabilities and emotional challenges.



Ramsey Khasho, PsyD, Licensed Psychologist & Director of The Center, Director of Clinical Services, Sand Hill School, CHC
Over 15 years experience evaluating and working with children, teens and their families, Dr. Khasho specializes in pediatric anxiety and depression, family therapy and forensic assessments. He also teaches graduate courses in the School of Education, Counseling Psychology Department at USF.



Cindy Lopez, Head of Sand Hill School, CHC
Cindy has more than 20 years of experience in K-12 education, as a classroom teacher, a curriculum developer in educational publishing and as a Director of Curriculum Development and Professional Growth.

To Register

All classes are free! Pre-registration is required.

To sign up for our classes or for questions

- Visit chconline.eventbrite.com
- Email parented@chconline.org
- Call us at 650.617.3815

To schedule a class to be held at your organization in English or Spanish

- Call us at 650.617.3812

For an appointment or evaluation with a CHC specialist

- Visit www.chconline.org
- Email help@chconline.org
- Call us at 650.688.3625 (650.688.3650 Español)

CHC Parent Education is sponsored by a generous grant from the TOSA Foundation. Photography by Scott R. Kline, www.scottrklinephoto.com


We offer free parent consultations.
Call to schedule at 650.688.3625.
Let's talk!