



Wednesday Night Workshops

454 Rolling Ridge Drive, State College

Fall 2009

6:30 – 8:00 pm

September

Carol Skinner, PhD **9/9**

Establishing Successful School Year Routines

Rachel Love, PhD **9/16**

Parent Support & Survival Tips for the First Two Years:

Play Development

Peter Montminy, PhD **9/23**

Overcoming Overwhelm – Stress Relief Tips for Busy Parents

Judith Marsh, PhD **9/30**

Children Living with Medical Illness or Disabilities:

Helping Parents and Children Adjust

Peggy Nadenichek, MEd **10/7**

Stress in the Military Family

Rachel Love, PhD **10/14**

Parent Support & Survival Tips for the First Two Years:

Language Development

Peter Montminy, PhD **10/21**

Teaching Kids Respect – 6 Steps to a More Cooperative Kid

October

Judith Marsh, PhD **11/4**

Children Living with Medical Illness or Disabilities:

Suggestions & Resources for Maximizing Quality of Life

Kristen Smith-Simon, PhD **11/11**

Helping Your Child Overcome Worries and Fears

Peter Montminy, PhD **11/18**

Conscious Connections – Rediscovering the Joy in Your Family

And Your Holidays!

November

For information and registration, call Alisha at 235-1100 x22 or go to WWW.MIDSTEP.COM today!