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**“Back-to-School Success with Less Stress”**

*Peter Montminy, Ph.D. \* Sept. 10th*

Worried about keeping your kids on track while not going off the rails yourself?  
Learn mindfulness-based stress relief strategies for busy parents and their school-age kids.

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**“Taking Flight for the Whole Flock: Strengthening Connections”**

*Rachel Love, Ph.D. \* Sept. 17th*

Join us for an evening of yoga, mindfulness, and art while connecting as a family.  
We will explore the roles everyone plays in the family and how we function as a whole.

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**“Teaching Kids How to Relax and Refocus”**

*Peter Montminy, Ph.D. \* Oct. 1st*

Our children often get told to “Calm down!” and “Pay attention!” but rarely get taught how to do so.  
Learn simple, practical ways to calm the body, focus the mind, and free the spirit.

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**“Behavior Management Basics”**

*Carol Skinner, Ph.D. \* Oct. 8th*

Ideas for parents about how to improve children’s behavior; including  
giving more effective commands, use of timeouts, and implementing sticker charts.

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**“How Your ADD Student Can Work Smarter, Not Harder”**

*Peter Montminy, Ph.D. \* Oct. 15th*

Many kids today struggle with attention and organization deficits. Learn about the  
brain’s executive functions and brain-smart strategies for more effective learning - in school and life!

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**“Helping Your Child Cope with Separation & Divorce”**

*Peggy Nadenichek, M.Ed. \* Nov. 5th*

Help your child cope with your separation or divorce by learning about the  
common co-parenting challenges and how to address them to best serve your children’s interests.

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**“Taking Flight for the Whole Flock: Expressing Gratitude”**

*Rachel Love, Ph.D. \* Nov. 12th*

This month, we will use yoga, art, and mindfulness to take time to slow down  
and focus on what we are grateful for and how to carry that beyond the holiday season.