

PECcalendar.org

Parent Education Consortium of the North Shore (PEC)

2011-2012 Calendar, April 2012 Edition

CONTACT: Lonnie Stonitsch, Editor, lonnie@PECcalendar.org

The Parent Education Consortium of the North Shore (PEC) is a centralized source of information on parent resources and programs that promote stronger schools, family and community life. PEC is comprised of representatives from the community and parent/teacher organizations who offer programming on parenting topics through joint planning and shared resources. The Calendar of educational programs for parents and educators is compiled from submissions provided by the sponsoring organizations. Deb Guy is PEC's founder *emeritus*.

NOTE: All programs are free unless indicated by a "\$"; programs requiring registration or reservations are indicated by "RSVP." **Book Talks sponsored by The Book Stall in Winnetka, on topics of interest to parents, are headlined in BLUE. Fundraisers are headlined in GREEN, are clustered at the end of the Calendar, and are indicated with a green "F." New entries to the Calendar are headlined in RED.**

NEW DATE/TIME! PARENT SUPPORT GROUP SERIES

First Wednesday for 3 months (2 months left! **April 4; May 2**), **ADHD Parent Support Group**, **7:00-8:30 PM**, Wilmette Public Library, 1242 Wilmette Ave., Wilmette, 60091. New to the North Shore, a CHADD-associated parent support group. Do you have a child with ADHD or Executive Functioning challenges? Do you want to learn more about ADHD and its management and treatment? This support group provides an opportunity to meet others who think their loved ones have or may have ADHD. Contact **Dale Davison, M.Sp.Ed.**, certified ADHD coach and consultant and a professional member of CHADD. For more info, dale@dale-davison.com

4-WEEK POSITIVE PARENTING WORKSHOP SERIES

Thursdays (4/5, 4/12, 4/19, 4/26), The Art of Positive Parenting, 9:30-11:00 AM, Panera Bread Conference Room, 1199 Wilmette Avenue, Wilmette, 60091 (**RSVP; \$**).

Would you like more cooperation and less conflict with your children? Do you want a family environment filled with peaceful interactions and fewer power struggles? Whether you're looking to change family dynamics from chaos to calm or help relationships move from good to great, this interactive workshop will help you achieve your goals. It is designed for parents of elementary school children and presented by **Beth Miller, M.Ed., PCI Certified Parent Coach®**. Learn effective communication and problem solving skills. Gain tools and strategies to deal with daily struggles. Receive valuable information and support to encourage cooperation, enhance respectful relationships and make positive changes in your family. Beth Miller has 25 years of experience as an educator, counselor and coach and is an approved instructor from Action for Children. She has worked with hundreds of families providing guidance, education and support. To register for this workshop, open to parents of children ages 6 to 12, email beth@bethmillerparentcoach.com. Space is limited to 10 parents and cost is \$125, which includes the book, *The Art of Positive Parenting*.

NEW! 6-WEEK COURSE ON MENTAL HEALTH ISSUES

Wednesdays (4/25; 5/2; 5/9; 5/16; 5/23; 5/30), Education and Support for You, Your Family and Your Child with Mental Health Issues, 6:30-9:00 PM, Scott Nolan Center, 555 Wilson Lane, Des Plaines, 60016 (RSVP). A free, six-week course for parents of children and adolescents dealing with mental health issues. Trained family members discuss getting an accurate diagnosis, latest research, therapies, problem solving, crisis preparation, dealing with the school and juvenile justice systems, and transitioning from adolescence to adulthood. Diagnoses discussed include childhood bipolar disorder, depression, ADD/ADHD, anxiety disorders, OCD, ODD, and others. Parents who complete this course describe its impact as life changing. To register, call 847-716-2252. Sponsored by the **National Alliance on Mental Illness – Cook County North Suburban (NAMI-CCNS)**.

NEW! MANAGING TEEN STRESS

Wednesday, April 4, Striving for Balance: Practical Advice and Wisdom for Managing Stress, 7:00 PM, New Trier High School, Northfield Campus, Room C234, 7 Happ Rd., Northfield, 60093. Presented by the **New Trier Parents' Association Class of 2014 Board**. Discover simple ways to lower stress in maturing teens – and yourself! – with hand-on advice from **Mary Waldon, MSW, LCSW**, who specializes in change-oriented psychotherapy and skill development for teens and their families. She is a graduate of the **University of Chicago's School of Social Service Administration** and the clinical social work internship at **Northwestern Memorial Hospital's Stone Institute of Psychiatry** and the **Outpatient Treatment Center**. **Tim Hayes, New Trier's Assistant Superintendent for Student Services**, will also share teachers' efforts to create a healthy, balanced culture at school.

RESILIENCE

Wednesday, April 4, Resilience Redefined: New Views on Raising Emotionally Intelligent Children, 7:00 PM, Barrington High School, 616 W. Main St., Barrington, 60010. She has been a school principal in Harlem and has helped children and adults resolve conflicts, including those who were traumatized by the tragedies of Sept. 11, 2011. From museums to motion pictures, schools to the streets of urban centers, **Linda Lantieri, MA** shares a plan to raise better citizens without sacrificing academic achievement: embed emotional intelligence and resilience in the culture of educating children. Lantieri is a Fulbright Scholar, keynote speaker and internationally known expert in social and emotional learning and nurturing the inner life of teachers and children. She is the co-founder of the **Resolving Conflict Creatively Program (RCCP)**, which is taught in 400 schools in the U.S., Brazil, Spain and Puerto Rico. Lantieri is a founding board member of the **Collaborative for Academic, Social and Emotional Learning (CASEL)** and is presently a Senior Program Adviser for CASEL, whose mission is to establish social and emotional learning as an essential part of a pre-K-12 education worldwide. Lantieri has over 40 years of experience in education as a former teacher, assistant principal, director of an alternative middle school in East Harlem, and a faculty member at Hunter College in New York City. She is a consultant to various institutions in the area of death education, including the Mount Sinai School of Medicine, the New York City Public Schools and the National September 11 Memorial & Museum in New York City. She is Board Certified by the American Academy of Experts in Traumatic Stress. Lantieri is the author of *Building Emotional Intelligence*. She has co-authored over 20 articles and book chapters with many prominent

educators, such as **Daniel Goleman**, a leader in the arena of emotional-intelligence research. CPDUs and CEUs are available. Sponsored by the **District 220 Educational Foundation** and the **PTO Presidents Council**. For more information, contact Barb Karon at rkaron1@aol.com or 847-304-8836.

NEW! STUDENT ASSESSMENT

Monday, April 9, Assessing What Matters, 7-8:30 PM, Baker Demonstration School, 201 Sheridan Rd., Wilmette, 60091 (RSVP). How do we know what children know? What tools give educators meaningful information about how a child learns and how to adjust curricula to meet their needs? In a national climate strongly influenced by standardized testing and the Race to the Top, how can we utilize sound practical assessment strategies to teach what matters and check for deep understanding? Join a lively presentation and discussion about these important issues. **Bena Kallick, Ph.D.** is an internationally acclaimed educational consultant. Her areas of expertise include creative and critical thinking, and alternative assessment strategies for the classroom. Her work with **Art Costa, Ed.D.** led to the development of the Institute for Habits of Mind (instituteforhabitsofmind.com), an organization dedicated to transforming schools into places where thinking and Habits of Mind are taught, practiced, valued, and have become infused into the culture of the school and community. Dr. Kallick is also the co-founder of a company dedicated to providing easy to use software for curriculum mapping and assessment tracking and reporting, an integrated suite. She is widely published and her works have been translated into Dutch, Chinese, Spanish, Italian, Hebrew, and Arabic. This program is part of the **Clara Belle Baker Speaker Series** at **Baker Demonstration School**, in partnership with **National Louis University**. The series is open to the community and free of charge. Conversation and a reception with the speaker following the presentation. RSVP to 847-425-5800 or to speakers@bakerdemschool.org.

BONUS EVENT: Monday, April 9, How Do We Know What Children Know?, 8:30 AM - 4:00 PM, Baker Demonstration School, 201 Sheridan Rd., Wilmette, 60091 (RSVP). **Baker Demonstration School**, in partnership with **National Louis University**, offers a series of presentations and conversations at a free symposium for educators, with a keynote by **Dr. Bena Kallick**. Exploring how to create, utilize, report, and learn from meaningful assessments is a conundrum facing thoughtful educators in a national climate strongly influenced by standardized testing. For the past two years Baker teachers, administrators, parents, and local professors collaboratively directed and fostered an exciting Inquiry Project. The project explored issues of assessment, pedagogy, professional development, and leadership, through research around topics including: progressive accountability, visible thinking, literacy and drama, literature circles, electronic portfolios, assessing what matters, shared leadership, and teacher inquiry. Specific inquiry projects as well as the processes of teacher research and teacher leadership will frame this day of questioning, sharing, and learning together. Lunch is included. Seats are limited. Contact symposium@bakerdemschool.org for availability. CPDUs available.

“LOUDER THAN A BOMB” FILM SCREENING (RE-SCHEDULED!)

Monday, April 9, Free Film Screening of “Louder Than a Bomb,” 7:00 PM, New Trier High School, Gaffney Auditorium, 385 Winnetka Ave., Winnetka, 60093 (RSVP). (Originally scheduled for January 12, and then postponed due to the first big snow of the year.) Come join us for a free screening of the prize-winning documentary

"Louder Than a Bomb," which chronicles the hopeful, heartbreaking, unforgettable journey of four Chicago-area high school poetry slam teams as they prepare for the annual competition that draws more than 600 teenagers from over 60 Chicago area schools. Special Guests: *LTAB* filmmakers **Greg Jacobs** and **Jon Siskel** will attend our event, along with *LTAB* slam poets **Novana Venerable** and **Lamar Jordan**, and **Kevin Coval** (co-founder and Artistic Director of Louder Than a Bomb: The Chicago Teen Poetry Festival, a regular contributor to Chicago Public Radio, a four-time HBO Def Poet, and teacher at the School of the Art Institute of Chicago). All five will conduct a follow-up program and performance immediately after the movie screening. **PLUS: A BIG SURPRISE SPECIAL GUEST!** Sponsored by the **Family Awareness Network of New Trier Township (FAN)**, in partnership with **New Trier High School's Parents' Association**. FAN is grateful for its 2011-12 partnerships with **North Shore Community Bank; NorthShore University HealthSystem; Quintessential New Trier** magazine; and **The Book Stall at Chestnut Court**. CPDUs available for education professionals. **Seating is limited, and registration is required at FAN's website, www.fan-ntts.org.** Seating at the event will be on a first-come, first-served basis – no paper tickets, no sign in at the event.

BOOK DISCUSSION GROUP (TWO SESSIONS)

Tuesday, April 10, Whatever Happened to Practical Wisdom? Why Does It (Still) Matter?, 9-10:30 AM and 7-8:30 PM, New Trier High School, Northfield Campus, Room C234, 7 Happ Rd., Northfield, 60093. **Linda Yonke, Ed.D., New Trier Superintendent**, leads a discussion for parents on *Practical Wisdom: The Right Way to Do the Right Thing* by Barry Schwartz, Ph.D., and Kenneth Sharpe, Ph.D. The book is based on the concept that there is more about being alive and working than just thinking about outcomes, money and bottom line measurable results. It is a discussion of human judgment and ability to do good through the cultivation of certain social practices, such as doing the right thing in particular circumstances. Parents with kids of any and all ages are invited to join the discussion. Sponsored by the **New Trier ECGC Parent Committee**. For more information, visit the ECGC web page at www.newtrier.k12.il.us/ecgc, or contact Julie Engelman, ECGC Parent Committee, at jmlcck@gmail.com.

NEW! SOCIAL COMMENTARY

Thursday, April 12, Coming Apart: An Evening with Charles Murray, 7:30 PM, Park Community Church auditorium, 1001 N. Crosby, Chicago, 60611. Do you have friends from other social classes? Does it matter? Join us for an evening with **Charles Murray, Ph.D.**, resident fellow at the **American Enterprise Institute**, and prolific author, political scientist, and speaker. An occasionally controversial, but always astute observer of American trends, Murray is the author of many books, including *Losing Ground*, *The Bell Curve*, and *Real Education*. His newest book, *Coming Apart*, addresses increased cultural inequality in the United States over the past 50 years. This is different from economic inequality, which has existed since the United States was founded. *New York Times* columnist David Brooks' review calls *Coming Apart* "the most important book of 2012." In it, Murray examines cultural trends over the past half century in the upper class and working class, and their implications for our common life and our future. Murray also identifies 882 super zip codes, where the best educated and resourced Americans congregate; interestingly, two North Shore suburbs, Kenilworth and Glencoe, rank #1 and 2, respectively, in the entire country. **James Warren, MSNBC** pundit and former columnist for the *Chicago Tribune* and *New York Times* will

moderate. Promises to be an evening that will generate conversation. Book signing after the event. Admission is free, no need to RSVP, simply come! Sponsored by **Renew Chicago**, renew-chicago.org.

NEW! PARENTING WORKSHOP

Saturday, April 14, Holistic and Intentional Parenting Workshop, 1-4:30 PM, Awakening Center, 3523 N. Lincoln Ave., Chicago, 60657 (**RSVP; \$**). **Arlene Brennan, M.Ed.**, former teacher, parent coach and education mentor, trained in Internal Family Systems and Simplicity Parenting, will be giving this workshop along with **Bonnie Schonberg, R.N., B.S.N.**, school nurse and facilitator for the **National Association of Mental Illness (NAMI)**. Together they will present some current and ancient views on acceptance and support for ourselves as parents. Through fun and revealing activities, they will help us find some tools to gently move in the direction of conscious parenting. We can fully help our children feel supported, empowered and free to embrace and become themselves. RSVP required; fee is \$45. For more information, or to register, contact Arlene Brennan at brennan200@yahoo.com, or 312-259-8935

THE NEUROBIOLOGY OF EXERCISE

Monday, April 16, Spark: The Revolutionary Science of Exercise and the Brain/Driven to Distraction, 7:00 PM, Loyola Academy Theatre, 1100 Laramie, Wilmette, 60091. **John J. Ratey, MD** is an **Associate Clinical Professor of Psychiatry at Harvard Medical School**, speaker, and author, as well a clinical psychiatrist maintaining a private practice in Cambridge, MA. He has lectured and published 60 peer-reviewed articles on the topics of aggression, autism, ADHD, and other issues in neuropsychiatry. Dr. Ratey has authored *A User's Guide to the Brain* (2000) and co-authored *Shadow Syndromes* (1997) with Catherine Johnson, PhD. From 1994 to 2005, he co-authored *Driven to Distraction* (1994), *Answers to Distraction* (1995) and *Delivered from Distraction* (2005) with Edward Hallowell, MD. Additionally, he has edited several books including *The Neuropsychiatry of Personality Disorders* (1994), published by Blackwell Scientific. Most recently, Dr. Ratey has penned *Spark: The Revolutionary New Science of Exercise and the Brain*. In *Spark*, Dr. Ratey guides the reader to an understanding of neurobiology and inspires the reader to reach for their potential, and embrace exercise that is crucial for the brain and body to operate at peak performance. All Loyola parents are expected to attend. Sponsored by **Loyola Academy's Guidance Department's Health & Wellness Program**. All parents and guests are welcome at each program. No fee is charged. No reservations required. To find out more please contact Selina McGuire at 847-920-2512 or smcguire@loy.org

NEW! SPORTS CONDITIONING AND INJURY PREVENTION FOR ATHLETES

Tuesday, April 17, Protecting Student Athletes: Concussions, ACL Tears, Overuse Injuries and More, 7:00-9:00 PM, Central School, Misner Auditorium, 620 Greenwood Ave., Glencoe, 60022. Playing longer, harder, faster, and for higher stakes – the number of youth participating in competitive sports has increased exponentially over the past decade. This has led to a growing number of sports-related injuries among children and teens. Many of these are overuse injuries, some the result of the modern trend of competitive year-round sports play and training (often in a single sport), but especially in cases where the athlete has not received proper conditioning designed to promote strength, agility, flexibility and coordination. Sports-related concussions and sub-concussive trauma are hot-button issues right now, whether because of recent research about brain damage, depression,

dementia and memory loss in retired NFL players with repeat head injuries, or because of player lawsuits filed against the NFL, or because of legislative efforts to protect student athletes. The Centers for Disease Control estimates that more than 40% of high school athletes return to play before fully recovering from a concussion. Each year in the U.S., tens of thousands of high school girls suffer a serious sports-related knee injury, and thousands more suffer stress fractures and shinsplints. In fact, they are six times more likely to injure their anterior cruciate ligament (ACL) than boys in similar sports (soccer, basketball, volleyball). Come hear a panel of sports medicine and conditioning experts discuss these injuries and their treatment and prevention. **Julian E. Bailes, MD**, is the new Chairman of the **Department of Neurosurgery at NorthShore University HealthSystem**, and Co-Director of the **NorthShore Neurological Institute**. Dr. Bailes is also a founding member and director of the **Brain Injury Research Institute**, and since 1994, he has been a neurological consultant to the **NFL Players' Association (NFLPA)**. Dr. Bailes is also the Chairman of the **Pop Warner Medical Advisory Board**. **Mark K. Bowen, MD** is a highly regarded board-certified orthopaedic surgeon at **NOI NorthShore Orthopaedics**, concentrating on sports-related and traumatic injuries to the knee and shoulder. Dr. Bowen is a Team Physician for the **Chicago Bears**, and has acted as Team Physician to the **Chicago Blackhawks, Chicago Cubs, New York Giants**, and the **Big Ten Conference**. He is also a 1977 graduate of New Trier High School. **Mark Crabtree, MS, ATS, CSCS** is the **Director of Sports Performance** at the **Bulls/Sox Academy**, a certified athletic trainer, a certified strength and conditioning specialist, and directs the **EXPLOSION** program at the Academy, which prepares athletes for competition. Sponsored by the **Family Awareness Network of New Trier Township Schools (FAN)**, **Glencoe D35**, and **NorthShore University HealthSystem**. FAN is grateful for its 2011-12 partnerships with **North Shore Community Bank**; **NorthShore University HealthSystem**; *Quintessential New Trier* magazine; and **The Book Stall at Chestnut Court**. **CPDUs available for education professionals; no pre-registration required**. All programs are free and open to the public. For more information, visit www.fan-ntts.org

NEW! SPECIAL NEEDS BEST PRACTICE INITIATIVES

Tuesday, April 17, 2011-2012 Best Practice Initiatives, 9:30 AM – 11:30 AM, New Trier High School, Northfield Campus, Room C234, 7 Happ Rd., Northfield, 60093 (**RSVP**). Sponsored by the **Northern Suburban Special Education District's Association of Parents and Staff (NSSED-APS)**, the Eleventh Annual APS Best Practice Initiatives showcases outstanding programs and educators demonstrating leadership and innovation in promoting the understanding and inclusion of individuals with special needs. Come and hear about the wonderful programs being successfully implemented in our area and learn how your school or community can benefit! This year's recipients are **Warrior Buddies** at **Deerfield High School**, Township High School District 113; **Sports4Kids** at **Attea Middle School**, Glenview School District 34; **Titan Balloon Store** at **Glenbrook South High School**, Glenbrook High School District 225 and Most Inclusive and Creative Daily Schedule at **Henry Winkelman School**, West Northfield School District 31. The winner of the **Dave Peterson Outstanding Educator Award** is **Ryan Graham**, physical education teacher at **Northbrook Junior High**, Northbrook District 28. Space for this program is limited. To ensure a seat, please RSVP to mades@nssed.org with your name, home telephone number and home school district by April 11, 2012. Direct questions to Mary Ades at 847-831-5100, extension 2211.

EXERCISE AND THE BRAIN

Tuesday, April 17, Spark: The Revolutionary Science of Exercise and the Brain, 9:30 AM-12:30 PM, Glenbard South High School Auditorium, 23W200 Butterfield Rd., Glen Ellyn, 60137. The **Glenbard Parent Series (GPS: Navigating Healthy Families)** is proud and excited to feature **John Ratey, M.D.** as he presents a workshop on *Spark: The Revolutionary Science of Exercise and the Brain*, his latest nonfiction bestseller. Dr. Ratey is an **Associate Clinical Professor at the Harvard Medical School**, a highly sought-after speaker, author of multiple best sellers, and a respected researcher who has produced over sixty peer-reviewed articles on autism, ADHD, ADD, and addiction. During this GPS workshop, Dr. Ratey will teach both teens and parents how to ‘supercharge’ mental circuits through exercise to help alleviate stress, sharpen the thought process, elevate mood, and enhance learning. Dr. Ratey’s evidence-based concepts demonstrate the mind/body connection that allows individuals to utilize the best defense against neurologic disorders that can compromise the ability to learn: exercise. With the challenges of today’s many school-associated stressors Dr. Ratey’s presentation is a “must see.” Participants will be inspired as they learn how the brain functions like a muscle – and how exercise can mean the difference between a calm focused mind and an inattentive one. GPS is funded in part by a grant from the **Cebrin Goodman Center** (an affiliate of the **Lillian and Larry Goodman Foundation**) and **CASE (Cooperative Association for Special Education)**. All are welcome to these free programs, and no registration is required. For further information, contact Gilda Ross, Glenbard District 87 Student and Community Projects Coordinator, at 630-942-7573 or email gilda_ross@glenbard.org.

EXERCISE AND THE BRAIN

Tuesday, April 17, Spark: The Revolutionary Science of Exercise and the Brain, 7-9:00 PM, Glenbard East High School Auditorium, 1014 S. Main St., Lombard, 60148. The **Glenbard Parent Series (GPS: Navigating Healthy Families)** is proud and excited to feature **John Ratey, M.D.** as he presents a workshop on *Spark: The Revolutionary Science of Exercise and the Brain*, his latest nonfiction bestseller. Dr. Ratey is an **Associate Clinical Professor at the Harvard Medical School**, a highly sought-after speaker, author of multiple best sellers, and a respected researcher who has produced over sixty peer-reviewed articles on autism, ADHD, ADD, and addiction. During this GPS workshop, Dr. Ratey will teach both teens and parents how to ‘supercharge’ mental circuits through exercise to help alleviate stress, sharpen the thought process, elevate mood, and enhance learning. Dr. Ratey’s evidence-based concepts demonstrate the mind/body connection that allows individuals to utilize the best defense against neurologic disorders that can compromise the ability to learn: exercise. With the challenges of today’s many school-associated stressors Dr. Ratey’s presentation is a “must see.” Participants will be inspired as they learn how the brain functions like a muscle – and how exercise can mean the difference between a calm focused mind and an inattentive one. GPS is funded in part by a grant from the **Cebrin Goodman Center** (an affiliate of the **Lillian and Larry Goodman Foundation**) and **CASE (Cooperative Association for Special Education)**. All are welcome to these free programs, and no registration is required. For further information, contact Gilda Ross, Glenbard District 87 Student and Community Projects Coordinator, at 630-942-7573 or email gilda_ross@glenbard.org.

NEW! CREATIVITY

Wednesday, April 18, Imagine: How Creativity Works, 6:00 PM, Harold Washington Library Center, Cindy Pritzker Auditorium, 400 S. State St., Chicago, 60605. Come hear best-selling author **Jonah Lehrer**, **Contributing Editor** at *Wired* magazine, frequent contributor to *The New Yorker* and *Radiolab*, and author of *How We Decide* and *Proust was a Neuroscientist*, as he looks at the new science of creativity and demonstrates that creativity is not a single gift possessed by the lucky few. It's a variety of distinct thought processes that we can *all* learn to use more effectively. Lehrer reveals the importance of embracing the rut, thinking like a child, and daydreaming productively, then he takes us out of our own heads to show how we can make our neighborhoods more vibrant, our companies more productive, and our schools more effective. Lehrer is a 2003 graduate of Columbia University with a major in neuroscience, and went on to study 20th century literature and philosophy at Oxford University as a Rhodes Scholar. Sponsored by **The Book Stall at Chestnut Court**.

NEW! SPECIAL NEEDS

Thursday, April 19, Introduction to Special Education, 9:30 - 11:30 AM, NSSED Technology Center (located in the Safari Childcare building), 776 Red Oak Lane, Highland Park, 60035 (**RSVP**). Come to learn about the basic components of an Individual Education Plan (IEP) document, the identification and referral process if you are concerned your child may need additional support and how to effectively participate as a member of the school educational team. Space for this program is limited. Sponsored by the **Northern Suburban Special Education District's Association of Parents and Staff (NSSED-APS)**. To ensure a seat, please **RSVP** to mades@nssed.org with your name, home telephone number and home school district by April 13. Direct questions to Mary Ades at 847-831-5100, extension 2211.

NEW! MIDDLE SCHOOL MOTHER-DAUGHTER LUNCHEON

Saturday, April 21, The Blessings of Not Being Perfect, 11:30 AM-1:30 PM, The Grille on Laurel, 181 E. Laurel Ave., Lake Forest, 60045 (**RSVP; \$**). **LEAD** welcomes mothers and daughters to join us at a luncheon. **Licensed Clinical Social Worker Mary Lynn Meyers** will speak at the Luncheon and present an interactive workshop, offering practical tips on how to handle the power struggles, conflicting impulses, and unrealistic expectations that girls face as they enter middle school. The information presented in this event is geared toward girls in grades 5 through 8. Registration for a lunch and workshop costs \$20 per person. If you are interested in attending the Mother Daughter Luncheon, please visit LEADweb.org. Don't miss this opportunity to educate both yourselves and your daughter(s) on the importance of not being perfect! Contact: cunninghamlead@aol.com, 847-295-9075.

IMPLEMENTING SOCIAL AND EMOTIONAL LEARNING

Monday, April 23, 2012, Implementing Social and Emotional Learning for All Students, 8:30 AM-4:00 PM, Oakton Community College, 1600 E. Golf Road, Des Plaines, 60016 (**RSVP; \$**). **Rush NeuroBehavioral Center** hosts **Ruth Cross, MS** of **The Collaborative for Academic, Social, and Emotional Learning (CASEL)**. This professional development workshop is designed around social and emotional learning (SEL) content and process which includes strategies that promote SEL, maximize learning, and model activities that engage stakeholders around the benefits of systemic SEL. As a result of attending the workshop, participants will have an understanding of the current

research that describes the connections of SEL to academic achievement, positive student development and reductions in negative behaviors. The workshop will describe how SEL is taught and learned, the importance of developing adult SEL competencies, and how to integrate SEL with other school district initiatives. Participants will learn how to lead school-wide SEL implementation and how to facilitate learning activities from the workshop in the district and /or school. Ms. Cross was an educator for 34 years starting as a classroom teacher for 15 years. She became a building principal in Naperville School District 203 in 1989, and an Assistant Superintendent in 2004 before retiring in 2007. After retiring, she began working at CASEL as an SEL trainer and project manager for the CASEL and DuPage County Regional Office of Education Partnership, which was formed to develop a regional model for SEL implementation that could be replicated in other states. Ms. Cross was co-chair of the **DuPage Anti-Bullying Task Force Best Practices Committee** in 2010-2011 and currently is working to implement its recommendations in several DuPage County school districts. Her responsibilities for the CASEL/DuPage ROE partnership include coaching school districts in DuPage County who are implementing the Social Emotional Learning Standards and leading workshops around the state on the importance of teaching these standards to students as a means of developing the skills that promote success in school and life. \$150. Please visit www.rnbc.org to download a detailed brochure and registration information.

SIBLINGS

Friday, April 27, Fears, Fights, Friendship and Forgiveness: Sibling Relationships Over the Years, 11:30 AM, The University Club of Chicago, 76 E. Monroe St., Chicago, 60610 (RSVP; \$). Lecture by **William M. Pinsof, Ph.D., LMFT, President of The Family Institute at Northwestern University**. The longest relationships in our lives are likely to be with our siblings. When we are young we form our identities in the dynamic between imitating our siblings and trying to be different from them. And it is from our siblings that we learn the fundamentals of sharing, fighting and playing. In the second half of life we see some siblings who are connected and supportive of one another and others who are not. It speaks to the question, how is it that some adult siblings are able to transcend the rivalries and competition while others struggle and remain stuck in conflict? Furthermore, what can parents do to foster sibling collaboration, cooperation and friendship over the life course? Dr. Pinsof will draw from both the research literature and his decades of experience as a therapist to explore this question about one of our most complex relationships. We encourage you to bring your siblings to listen together! Tickets are \$45/each. This is part of The Family Institute's **Circle of Knowledge** awareness and outreach initiative. For more information, please contact Michelle Weil at mweil@family-institute.org or 312-609-5300, ext. 480.

NEW! DECISION-MAKING AND WELL BEING

Tuesday, May 1, The Paradox of Choice: Why More is Less, 7:00-9:00 PM, North Shore Country Day School, Diller Street Theater, 310 Green Bay Rd., Winnetka, 60093. **Barry Schwartz, Ph.D.** is the **Dorwin Cartwright Professor of Social Theory and Social Action at Swarthmore College**, where he has taught since 1971, and where he researches the link between economics and psychology. He is the author of several books, including *The Battle for Human Nature: Science, Morality and Modern Life*, *The Costs of Living: How Market Freedom Erodes the Best Things in Life*, and his acclaimed 2010 book *Practical Wisdom: The Right Way to Do the Right Thing*. His articles have appeared in many national publications, among them the *New York Times*, *USA Today*, *Scientific American*, and

the *Chronicle of Higher Education*. For some, he is best known for his compelling TED Talks (www.ted.com) – his first, on the topic of his 2004 national bestseller, *The Paradox of Choice: Why More is Less*, went viral, with over 2 million views. In *The Paradox of Choice*, Dr. Schwartz offers one more piece to the puzzle that asks, “What is it about contemporary lifestyles that results in human dissatisfaction?” He examines the overabundance of choice in all aspects of American life, from consumerism to education, from work to interpersonal relationships. Unpacking common notions of freedom, autonomy and self-determination that equate increased choice with increased well-being and life satisfaction, he will show us how an abundance of choice is instead making us discontented, and may be contributing to a near-epidemic of depression – “more” is indeed “less.” Dr. Schwartz suggests that humans actually obtain greater satisfaction from fewer choices. He demonstrates that emotional well-being depends on our ability to exert control over the environment, but choice overload leaves us with the feeling that there is always something better, more perfect to attain, acquire or achieve. To avoid decision-making paralysis, Dr. Schwartz advocates for “choice within constraints and freedom within limits enable us to imagine a host of possibilities.” This is a must-see event for parents and teens! Sponsored by the **Family Awareness Network of New Trier Township (FAN)** and the **Parents’ Association’s Parent Education Committee at North Shore Country Day School**. FAN is grateful for its 2011-12 partnerships with **North Shore Community Bank; NorthShore University HealthSystem; Quintessential New Trier** magazine; and **The Book Stall at Chestnut Court**. CPDUs available for education professionals; no pre-registration required. All programs are free and open to the public. For more information, visit www.fan-ntts.org

NEW! FILM SCREENING OF “MISS REPRESENTATION”

Monday, May 7, “Miss Representation” Film Screening, 6:30 PM film screening, 8:00 PM moderated discussion with the director, Regina Dominican High School auditorium, 701 Locust Rd., Wilmette (**RSVP**). Come join us for a free screening of the 2011 award-winning documentary, *Miss Representation*. This impressive film portrays the negative and distorted depictions of women by the media leading to the under-representation of women in positions of power and influence in our culture. As young women today are bombarded with mixed messages about their value by the media, they begin to think that their self-worth is linked to their physicality, youth, and sexuality – where their intellectual achievements, leadership potential, character, and authentic sense of self go unrecognized or are readily dismissed. *Miss Representation* features insightful interviews with teenage girls, politicians, entertainers, journalists, activists, and academics as they explore how the objectification of women can contribute to women feeling disempowered, dehumanized, and objectified. As the movie’s tagline declares, “You Can’t Be What You Can’t See” – if a young girl or teen isn’t exposed to media portrayals of women that are positive, powerful and accomplished, and in fact, is deluged with messages that run contrary to that, it is more difficult for her to map her path to leadership. **Jennifer Siebel Newsom**, the film’s writer, producer, and director, will participate in a lively and interactive discussion following the 90-minute film with moderator **Louise (Lucy) W. Knight**, author and historian, and **Visiting Scholar at the Gender Studies Program at Northwestern University**. Ms. Newsom is also an actress who has appeared in films and television shows, and graduated with honors from both Stanford University and Stanford’s Graduate School of Business. Parents of girls and boys are invited to attend this thought-provoking documentary as all viewers will be encouraged to think more critically about how stereotypes of femininity and masculinity limit youth today. Teens are

strongly encouraged to attend. **Register at <http://bit.ly/FANMay7>**, or through the FAN website. Sponsored by the **Family Awareness Network of New Trier Township (FAN)** and **Regina Dominican High School**. FAN is grateful for its 2011-12 partnerships with **North Shore Community Bank; NorthShore University HealthSystem; Quintessential New Trier** magazine; and **The Book Stall at Chestnut Court**. **CPDUs available for education professionals**. All programs are free and open to the public. For more information, visit www.fan-ntts.org

NEW! FILM SCREENING OF "MISS REPRESENTATION"

Tuesday, May 8, Miss Representation Film Screening, 6:30 PM film screening, 8:00 PM discussion, Glenbard West High School auditorium, 670 Crescent Blvd., Glen Ellyn, 60137. In today's society the scope and power of the media to shape our world-view is undeniable. Unhappily, the one message that the media offers to teens is that a woman's "value" lies in her youth, beauty, and sexuality – not in her intellectual accomplishments or leadership prowess. A new award-winning documentary, *Miss Representation*, both exposes the media's all-pervasive and distorted portrayals of women purely as sex objects and challenges the viewer to reject the status quo. Through interviews with prominent politicians, journalists, entertainers, and activists *Miss Representation* reveals a dangerous societal stereotype – and offer solutions to effect change. Do not miss this important and thought-provoking **Glenbard Parent Series** event. The discussion will feature the film's author, producer and director, **Jennifer Siebel Newsom**. Learn how to provide our female students with the tools needed to counter negative media imagery and realize their full potential. GPS is funded in part by a grant from the **Cebrian Goodman Center** (an affiliate of the **Lillian and Larry Goodman Foundation**) and **CASE (Cooperative Association for Special Education)**. Additional support for this special event has been provided by the **Trust Company of Illinois**. All parents are welcome to attend with their students, and no registration is required. For further information contact Gilda Ross, Glenbard District 87 Student and Community Projects Coordinator, at 630-942-7572 or email gilda_ross@glenbard.org.

NEW! SPECIAL NEEDS

Saturday, May 12, Introduction to Special Education, 9:30 – 11:30 AM, NSSED Technology Center (located in the Safari Childcare building), 776 Red Oak Lane, Highland Park, 60035 (**RSVP**). Come to learn about the basic components of an Individual Education Plan (IEP) document, the identification and referral process if you are concerned your child may need additional support and how to effectively participate as a member of the school educational team. Space for this program is limited. Sponsored by the **Northern Suburban Special Education District's Association of Parents and Staff (NSSED-APS)**. To ensure a seat, please **RSVP** to mades@nssed.org with your name, home telephone number and home school district by May 4. Direct questions to Mary Ades at 847-831-5100, extension 2211.

NEW! FUNDRAISER

Wednesday, April 18, An Evening with Scott Turow, Cocktails & Appetizers; 7–10:00 PM, Michigan Shores Club, 911 Michigan Ave., Wilmette, 60091 (**RSVP; \$; F**). Everyone is presumed innocent until they have been interviewed by Chicago’s own Rick **Kogan**. Join us for a lively discussion with these two Chicago icons. Sponsored by **Family Service Center of Wilmette, Glenview, Northbrook and Kenilworth**. Tickets are \$100 each and corporate sponsorship opportunities are available. Raffle tickets are \$20 each; three for \$50. Family Service Center assists individuals, couples, and families in achieving improved well-being and strives to be a leading resource for providing education, consultation, and psychotherapy to those who live, work, or attend school in Wilmette, Glenview, Northbrook, or Kenilworth. For more information and to purchase tickets online go to www.familyservicecenter.com or call Julie at 847-251-7350.

FUNDRAISER

Thursday, April 19, Bringing Hope Home Luncheon, 11:30 AM – 1:30 PM, University Club of Chicago, 76 E. Monroe St., Chicago, 60610 (**RSVP; \$; F**). Mark your calendars for an informative event addressing bullying and the emotional distress it can cause children and families. You will hear insights from two speakers who are recognized for their knowledge and experience with bullying, children’s education and mental health research. **Brooke R. Whitted** will speak on the topic of “The Effects of Bullying and Being Bullied: What Works, What Doesn’t Work.” Brooke is a partner in the law firm of **Whitted, Cleary and Takiff, LLC**, an established educational law authority, and has served, by appointment of the State Superintendent of Education, on the **Illinois Anti-Bullying Task Force**. Brooke will highlight the conclusions and recommendations of the Task Force, including what works, what doesn’t work, model anti-harassment plans around the nation and world, and approaches parents and caregivers might pursue if their children are being targeted inappropriately, or if they are engaging in bullying. **Garen Staglin** will speak on the topic of “A Father’s Passion.” Garen is a private investor and owner of the esteemed **Staglin Family Vineyard** in Napa Valley, CA. Garen will share his experience when his son was diagnosed with schizophrenia after his freshman year at Dartmouth College. Instead of running away from his situation, he and his wife, Shari, chose to run “towards” it, and as a result of their advocacy and efforts, they have raised over \$135 million for mental health research. Ticket price: \$110. Contact Paula Giovacchini, paulag@thebalancedmind.org or call 312-835-2800 for information on sponsorship and volunteer opportunities and event information. Sponsored by **The Balanced Mind Foundation**.

NEW! FUNDRAISER

Saturday, April 21, A Night at the Races - Derby Style, 7:00 PM, Lakeview Banquet Rooms, Park Center at the Glen, 2400 Chestnut Ave., Glenview, 60026 (**RSVP; \$; F**). Join **Links - North Shore Youth Health Service** for a fabulous night at the races! Get ready for horse racing and betting, Kentucky Derby cocktails and cuisine, our silent auction, and if you are so inspired ... Derby fashion and hats! Tickets are \$125 per person (\$75 for age 21-29). All proceeds benefit Links - North Shore Youth Health Service, a non-profit that empowers young people to make informed, responsible decisions about their health, well-being, and sexuality. Links is based in Northfield and serves the north and northwest suburbs, providing health education in the schools and community, support services for gay and lesbian youth,

reproductive health care, and counseling. Tickets are available at www.linksyouth.org or call 847-441-6191.

NEW! FUNDRAISER

Friday, April 27 through Sunday, April 29, LEAD to Benefit from Upscale Rummage Sale, Cardinal Health's Midwest Distribution Center, 3651 Birchwood Dr., Waukegan, 60085 (RSVP; \$; F). LEAD needs donations and volunteers now! In partnership with **Renée Baldwin**, a well-known community volunteer, LEAD is holding the *Upscale Rummage Sale*. Proceeds from the event will benefit LEAD's programs and initiatives to empower parents and families. The location of the sale is just 10 minutes north of Lake Forest off of Martin Luther King Drive. LEAD still needs donations of clothing, furniture, home decor, jewelry, lamps, sporting goods, hardware, baby supplies, kitchen, artwork, holiday, vintage, hats & scarves, boutique items, and other no-longer-needed things. Any gently used items can be dropped off at the Cardinal Health Distribution Center after April 2, Monday – Saturday, 9:30 AM-2 PM. In addition, LEAD is seeking volunteers throughout April to help set-up this huge endeavor. Community members are invited to shop the event – be sure to mark your calendar! On Friday, April 27, the sale will run from 7:00 AM- 6:00 PM; on Saturday, April 28, the sale will run from 7:00 AM-2:00 PM; and on Sunday, April 29, doors will open at 9:00 AM and remain open until the last items sell! Contact: Vicki Douvlis for more information about making donations or volunteering at vickilead@aol.com, 847-295-9075.

NEW! FUNDRAISER

Wednesday, May 9, Spring Marche, 9:30 AM – 5:00 PM and 7-10:00 PM, Gorton Community Center, 400 E. Illinois Rd., Lake Forest, 60045 (RSVP; \$; F). The **Lake Forest-Lake Bluff Learning Disabilities Association** is proud to announce the return of their annual Spring Marche fundraising event. The Spring Marche is an all day event that features a unique shopping boutique with vendors from 9:30 a.m. to 5:00 p.m. followed by a Ladies Night Out celebration from 7 p.m. to 10 p.m. The Ladies Night Out celebration will include food and entertainment, Skinny Girl cocktails, a raffle of the newest release of the Apple iPad, and a robust silent auction. A personal donation is suggested for the morning and afternoon shopping; tickets for the Ladies Night Out celebration are \$65 in advance and \$75 at the door. There is also a \$40 ticket price for all teachers and administrators who choose to attend. Raffle tickets are \$10 each or 3 for \$25. Registration is available online at www.lflbllda.clubexpress.com. The Spring Marche is the LF-LB LDA's only fundraising event which allows the organization to grant over \$25,000 annually to the Make A Difference Grant Program to area schools including: District 65, District 67, District 115, and the school of St. Mary. This year, we are proud to contribute items such as smart boards, stand-up desks, literacy and math programs, and over 20 Apple iPads that are used to enhance the individual learning styles of every student in our schools. For more information on the LF-LB LDA and how you can help or become involved, please visit our website at www.lflbllda.clubexpress.com or contact Jennifer Riley, jenriley4@yahoo.com.

NEW! FUNDRAISER

Sunday, May 20, 9th Annual "Rock & Rally" Walkathon, 2-4:00 PM, Hubbard Woods Park, 939 Green Bay Rd., Winnetka, 60093 (RSVP; \$; F). Two miles of food, fun, music and most of all information designed to "shed light on adolescent depression." This event invites parents, teen groups, teachers, health care professionals and friends to blast sigma and have a blast doing it. Even family pets are invited. The event is co-sponsored by **Harris Bank**,

101.9FM The Mix, Winnetka Park District, Kraft Foods, Winnetka-Northfield Rotary, Hinckley Springs and supported by various local businesses. Part fundraiser, part expo, community groups host informational booths of activities and giveaways. Open to everyone who cares about bringing adolescent depression out of the dark. Suicide is a leading cause of death in teens and often stems from untreated depression. For more than eight years, **Erika's Lighthouse** has been dedicated to raising awareness and blasting stigma through the Red Flags middle school curriculum, teacher education, an active Teen Club, Teen Panel discussions in middle and high schools and colleges, a Parent Handbook, a Young Adult Board and affiliated teen clubs at New Trier, Glenbrook South, Glenbrook North, North Shore Country Day School, Prospect High School and John Hersey High School. Most recently, they launched a Study Guide based on the popular video "Real Teenagers Talking About Adolescent Depression" to help 8th graders through high school sophomores see depression through fellow students' eyes. A \$20.00 participation fee includes live music, a hot DJ, cool raffle prizes, and a T-shirt you'll look great in. For more information, and to download a pre-registration form (you can also register at the Walk), call 847-386-6481 or visit www.ErikasLighthouse.org