

WELLNESS ♥ MATTERS

Helping All Students Be Their Best

Tuesday, January 30, 2024

Self Confidence

Charlotte Keeney, LCSW & Jean Broadhurst, LCSW with Symmetry Counseling

Room B17

Whether your child is full of confidence, or seems to be in constant self-doubt, we will discuss strategies you can implement to help your child work towards intrinsic validation and resiliency, feeling proud of who they are.

Social Media Use/Screen Time/Technology Dependence

April Sharpe with Mental Health Co-op

Room B14

We will be discussing ways to safely monitor your child's social media, technology, and screen time. We'll talk about how to have discussions, sometimes difficult ones, on the risks and benefits of technology use. Creating healthy habits and developing guidelines for safe use while providing tools for tween and teen phone and technology agreements within the home.

Motivation

Sarah Olivo, PhD with Lumate Academy

Room B15

Dr. Sarah Olivo is a licensed clinical psychologist and the head of Lumate Academy, the training and public education branch of Lumate Health. Lumate's mission is to enable children, teens, and young adults to positively change the outcome of their lives by providing the gold standard of treatment and clinical training for anxiety and OCD. Sarah's talk, "How to Make Motivation a Habit" will discuss common myths about motivation, mental barriers to doing hard tasks, and concrete skills for building motivational behaviors. As a natural procrastinator, Sarah has used - and continues to use - these skills herself every single day.

Reoccurring Peer Conflicts

Clara Chandler, LPC-MHSP with Symmetry Counseling

Room B12

Help your child navigate and develop healthy friendships! We will discuss what healthy friendships look like, friendship boundaries and positive communication to support your child responsively and proactively.

Coping with Loss/Grief

Alissa Drescher, LPC, FT, GC-C, MA with Alive Hospice

Room B13

One in seven children in Middle Tennessee will experience the death of a parent or sibling before they graduate from high school. Yet, when loss strikes close to home, it can be difficult to know how best to support a grieving child. This talk will explore the occurrence and outcomes of childhood grief, and offer practical strategies and resources that help guardians connect with children who have experienced a death-related loss.

Anxiety

Steven Shampaign, LPC-MHSP with Hope Nation

Room B11

- Social anxiety and prevalence among middle school children
- Signs and Symptoms
- What parents/guardians can do to help
- Provide resource suggestions

The Emotional Lives of Teenagers Book Talk

Jenny Winston & Julie Brown JTM Staff

Library

*Pre-reading the book, *The Emotional Lives of Teenagers* is NOT required.

The book offers bite-sized info about teen development and sensible tips for parenting through this complex and beautiful stage. We'll chat about some of the biggest takeaways we found in the book and have an informal discussion on these topics. We hope this will be an organic and encouraging discussion for all.

Schedule

5:30 – 5:45 – WELCOME/INTRO

5:50 – 6:15 – BREAK OUT SESSION 1

6:20 – 6:45 – BREAK OUT SESSION 2

6:50 – 7:15 – BREAK OUT SESSION 3

