

# Parent Education & Wellness Programs for Fall 2017

located in and around the First Connections service area

- Wednesday  
September 20  
6:30-8:30      **Brain Training for All Ages** presented by Jolene Ross, Ph.D., at Lincoln Public Library, 3 Bedford Road, Lincoln Center. Free. No registration. Easy, effective, safe brain training for executive functioning, ADHD, attention, anxiety, depression and other neurologically-based brain disorders.
- Saturday  
September 23  
8:30-4:30      **Central Mass. Lyme Conference** with a wide variety of topics and presenters throughout the day. Held at Worcester Technical H.S., 1 Skyline Drive, Worcester. \$10 online, \$20 at the door.  
[www.centralmasslymeconference.com](http://www.centralmasslymeconference.com) Information, [centralmasslyme@gmail.com](mailto:centralmasslyme@gmail.com) or 888-511-LYME
- Sunday  
September 24  
12:00-4:00      **NAMMA Families Fair** geared toward pregnant and new parents through the first year and beyond. Mini workshops, kids activities, raffles & swag, refreshments, meet the providers. Free.  
Located at West Acton Villageworks, 525 Mass. Ave. [www.nammafamilies.org](http://www.nammafamilies.org)
- Monday  
September 25  
7:00-9:00      **Executive Functioning** presented by Sarah Ward, MS, CCC-SLP  
Innovative approaches to treating brain-based learning differences with new strategies & skills.  
Groton-Dunstable Middle School, 346 Main Street. Free. No registration required.
- Wednesday  
September 27  
1:30-3:00      **Navigating Transitions with Self-Care** presented by Charlotte Sahyoun, Yoga Therapeutic Specialist, at Lincoln Public Library, 3 Bedford Road, Lincoln Center. Free. Register by emailing [FullyEmbraceChange@gmail.com](mailto:FullyEmbraceChange@gmail.com). Learn 2-minute tools which help the body create emotional balance and stress resilience, and which have proven more effective than stress avoidance.
- Thursday  
September 28  
12:00-1:00      **Infant Massage Level II** presented by Mary Evans, DPT at Emerson Wellness Building, 310 Baker Avenue Extension, Concord. \$20, register at [www.emersonwellness.org](http://www.emersonwellness.org). Babies welcome.  
Includes bonding & attachment, stress diminishment, digestion, colic, teething, sleep enhancement. Level II covers baby's arms, face and back.
- Wednesday  
October 4  
1:00-2:00      **Introducing Solid Foods to Infants** presented by Abby Brayton-Chung, MS, OTR/L  
300 Baker Avenue Extension, Conference Room A, Concord (Welch's Building)  
Free, infants welcome, no childcare for older siblings, no registration
- Thursday  
October 5  
12:00-1:00      **Infant Massage Level 1** presented by Mary Evans, DPT at Emerson Wellness Center, 310 Baker Avenue Extension, Concord. \$20, register at: [www.emersonwellness.org](http://www.emersonwellness.org). Babies welcome.  
Includes bonding & attachment, stress diminishment, digestion, colic, teething, sleep enhancement. Level I covers baby's legs, abdomen and chest.
- Wednesday  
October 11  
7:00-8:30      **Evening of Connection & Exploration for Premie Parents** led by a clinician from the JF&CS' Fragile Beginnings Program. Infants in arms welcome. Explore your expectations, feelings of loss, surprise, and the challenges of your journey parenting a child born prematurely or under special circumstances. Free. Registration required: [whurwitz@jfcsboston.org](mailto:whurwitz@jfcsboston.org). 1430 Main St., Waltham

- Wednesday  
October 11  
7:00-8:30 **Raising Resilient Children in Challenging Times** presented by Robert Evans, Ed.D.  
Held at R.J. Grey Middle School auditorium, 16 Charter Road, Acton  
Free, no registration required, appropriate for parents, caregivers, community members.
- Fridays  
Oct. 13-27  
11:30-1:00 **Active Parenting 1, 2, 3, 4** includes development, bonding, discipline, caring for the caregiver, the power of encouragement, more. Free. Lunch included. Registration required:  
<https://www.lowellgeneral.org/health-and-wellness/health-and-wellness-programs/parenting-classes/active-parenting-1-2-3-4>
- Saturday  
October 14  
5:30-8:00 **Domestic Violence Awareness** presented by Voices of Men Speaker Ben Atherton-Zeman  
Appropriate for high school students and adults. Held at Nabnasset Country Club, Westford.  
\$15, includes light refreshments. [www.westford.org/wpc/index.htm](http://www.westford.org/wpc/index.htm)
- Mondays  
Oct 16-Nov 20  
9:30-11:00 **INSPIRE 6-Week Group for Parents of Children with Special Needs Aged 4-9** led by Patricia Marquis, LICSW. Held in Concord. \$60 with scholarships available ([cpt@concordps.org](mailto:cpt@concordps.org))  
Register at: <https://inspiresupportgroupforparentsfall2017.eventbrite.com>
- Tuesday  
October 17  
1:30-2:30 **Language Articulation and Fine Motor Development** presented by Meghan Ledan, MS, CCC-SLP  
CCC-SLP and Irene Kounelas Gibbons, OTR/L. Adults only, infants welcome, no childcare available.  
Westford Preschool at St. Marks, 75 Coldspring Rd. Free. RSVP [lmattthews@jri.org](mailto:lmattthews@jri.org)
- Tuesday  
October 17  
6:30-8:30 **Understanding & Supporting Infant Sleep Workshop for Parents of Babies 4-15 Months**  
Presented by Teresa Stewart, MS, MPH. Held at The Freedman Center at William James College, One Wells Avenue, Newton. \$45 or \$80/2 people. Registration required:  
<http://www.williamjames.edu/community/freedman-center/sleep.cfm>
- Wednesdays  
Oct 18-Nov 15  
7:00-8:30 **Mothering Without a Role Model Support Group** presented by The Center for Early Relationship Support at JF&CS, 1430 Main Street, Waltham. \$25/week payable prior to first session. Reduced fees available based on need. Register: [dwhitehill@jfcsboston.org](mailto:dwhitehill@jfcsboston.org) or 781-693-5625. Opportunity for mothers of young children to explore the ways in which the absence of a positive maternal presence in their lives has impacted them as mothers. Full description at:  
<http://www.jfcsboston.org/About/Upcoming-Events/Upcoming-Events/ArticleId/25/mothering-without-a-model-support-group>
- Thursday  
October 19  
7:00 p.m. **Creating the World We Want: The Power of Girl-Fueled Activism** presented by author and Colby College Professor Lyn Mikel Brown. Learn what girl activists need from adults, how we can support them and why it's good for girls and the world. Held at Waldorf School of Lexington, 739 Mass. Ave
- Thursday  
October 19  
12:00-1:00 **Infant Massage Level II** presented by Mary Evans, DPT at Emerson Wellness Building, 310 Baker Avenue Extension, Concord. \$20, register at [www.emersonwellness.org](http://www.emersonwellness.org). Babies welcome.  
Includes bonding & attachment, stress diminishment, digestion, colic, teething, sleep enhancement. Level II covers baby's arms, face and back.
- Monday  
October 23  
10:00-11:30 **How Routines Affect Sleep** presented by the Sleep Consultation Team at JF&CS, Waltham  
Located at 1430 Main Street. Babies in arms welcome. \$15 per person – Registration and payment required before the session: [dwalker@jfcsboston.org](mailto:dwalker@jfcsboston.org) or 781-693-5652. [www.jfcsboston.org/cers](http://www.jfcsboston.org/cers)

- Monday  
October 23  
7:30 pm
- The Secret Behind Emotions: New Research** presented by Psychologist and Neuroscientist Lisa Feldman Barrett at Emerson Hospital's Cheney Conference Room, Concord. Will address how you can make children more emotionally intelligent, whether rational thought really controls emotions, and why emotions feel automatic. Practical applications will be shared on this new theory.
- Monday  
October 23  
6:00-9:00
- Pediatric First Aid and CPR** offered by Lincoln-Sudbury Adult Education includes CPR, AED, medical emergencies, allergies, injuries, more. \$95 class will result in a 2-year American Heart Association certification. [www.lsrhs.net/sites/adulted/](http://www.lsrhs.net/sites/adulted/)
- Thursday  
October 26  
7:00 p.m.
- Angst: Breaking the Stigma Around Anxiety** documentary and discussion led by Sue Hanly, R.N. <http://www.indieflixfoundation.org/angst>. Highlights the causes and effects of anxiety and what we can do about it featuring interviews with kids and young adults. Free. No registration. Held at Stony Brook Middle School auditorium, 9 Farmers Way, Westford. [www.westford.org/wpc/events.htm](http://www.westford.org/wpc/events.htm)
- Friday  
October 27  
7:30 pm
- Every Moment of a Fall: A Memoir of Recovery Through EMDR Therapy** presented by Carol Miller, Ph.D. at Barrow Bookstore, 79 Main Street, Concord. An in-depth look at EMDR therapy and its power in healing from the life-threatening trauma of a plane crash at Hanscom AFB at age 16.
- Wednesday  
November 1  
1:30-2:30
- Baby Sign Language** presented by Marahu Falcon George, MA, CCC-SLP  
310 Baker Ave. Extension, Concord (Emerson Wellness Bldg.).  
Free, infants welcome, no childcare for older siblings, no registration
- Wednesday  
November 1  
6:30-8:30
- Adults and Children in Youth Sports: Who Wins, Who Loses?** Presented by Bob Bigelow, former NBA player and one of the country's foremost youth sports speakers. Free. \$5 suggested donation at the door. Registration required: [www.discoverymuseums.org](http://www.discoverymuseums.org)
- Thursday  
November 2  
12:00-1:00
- Infant Massage Level 1** presented by Mary Evans, DPT at Emerson Wellness Center, 310 Baker Avenue Extension, Concord. \$20, register at: [www.emersonwellness.org](http://www.emersonwellness.org). Babies welcome. Includes bonding & attachment, stress diminishment, digestion, colic, teething, sleep enhancement.
- Friday  
November 3  
10:30-12:00
- Baby Sign: 20 ASL signs to help preverbal babies and caregivers communicate better** presented by Sheryl White, CIMI, BA. Held at The Freedman Center at William James College, One Avenue, Newton. \$35 or \$50 for two. Babies welcome. Registration required: <http://www.williamjames.edu/community/freedman-center/sign-language.cfm>
- Fri-Saturday  
Nov. 3 & 4
- Mass. Mothers of Twins Annual Convention** at the Radisson Hotel in Nashua, NH  
<http://mmota.org/convention/>
- Saturday  
November 4  
8:00-5:00
- 24<sup>th</sup> Fertility Treatment, Donor Choices & Adoption Conference**, RESOLVE of New England Largest educational consumer infertility conference in the country takes place at the Newton Marriot Hotel. Registration: [www.resolvenewengland.org/conference](http://www.resolvenewengland.org/conference). Nancy Kerrigan is keynote speaker.
- Tuesday  
November 7  
7:00-8:30
- What Parents and Caregivers Can Do to Nurture Lifetime Readers** presented by Steven Layne, Ed.D. Held at Acton-Boxborough H.S. auditorium, 36 Charter Road, Acton  
Free. No registration required. Appropriate for parents, caregivers and community members.

- Tuesday  
November 7  
7:00-9:00 **Basic Rights in Special Education Laws & Procedures** presented by the Federation for Children with Special Needs. Held at Concord-Carlisle Regional High School, 500 Walden St., Concord  
Free, no registration needed. Appropriate for parents of all children who have an I.E.P. or 504 Plan.
- Thursday  
November 9  
6:00-7:00 **Comprehensive Behavioral Intervention for Tics and Tourette's** presented by Helen Turano, LICSW, from Worcester Center for CBT. Held at Lazare Auditorium (Room S1-607) at U. Mass. Medical School, 55 Lake Avenue North, Worcester. Free. [www.ocdmassachusetts.org](http://www.ocdmassachusetts.org)
- Monday  
November 13  
6:30-8:30 **Family & Friends CPR** taught by Trinity EMS includes hands-only CPR for adults, child CPR with breaths, AED, and choking. Held at 10 Jean Avenue, Suite 12, Chelmsford. \$20. Registration req'd: <https://www.lowellgeneral.org/health-and-wellness/health-and-wellness-programs/getting-ready-for-your-baby/family-and-friends-cpr>
- Tuesday  
November 14  
10:15-10:45 **Language Development in Bilingual Families** presented by Marahu Falcon George, MA, CCC-SLP First Connections, 179 Great Rd, Unit 104A, Acton. Childcare available for Multilingual Playgroup families only. Infants welcome. Free. RSVP [imatthews@jri.org](mailto:imatthews@jri.org).
- Tuesday  
November 14  
7:00-8:30 **Parenting Children with Behavioral Health Issues** presented by Grow a Strong Family at Concord -Carlisle High School, 500 Walden Street, Concord. Free. Registration required: <https://www.eventbrite.com/e/parenting-children-with-behavioral-health-issues-tickets-37224078220?aff=erellivmlt>
- Tuesday  
November 14  
6:00-9:00 **Social Cognition** presented by Thea Davis, M.Ed., BCBA  
Learn specific strategies to strengthen children's social skills based on the Skills@ curriculum.  
Held at Groton-Dunstable Regional High School Library, 703 Chicopee Row, Groton
- Wednesday  
November 15  
7:00 p.m. **There's No Such Thing as a Bad Kid: Understanding and Responding to Kids with Emotional & Behavioral Challenges Using Positive Strength-Based Approaches** presented by Charlie Applestein, MSW. Stony Brook Middle School, 9 Farmers Way, Westford. Free. No registration.
- Thursday  
November 16  
12:00-1:00 **Infant Massage Level II** presented by Mary Evans, DPT at Emerson Wellness Building, 310 Baker Avenue Extension, Concord. \$20, register at [www.emersonwellness.org](http://www.emersonwellness.org). Babies welcome.  
Includes bonding & attachment, stress diminishment, digestion, colic, teething, sleep enhancement.  
Level II covers baby's arms, face and back.
- Wednesday  
November 29  
7:00 p.m. **No Letting Go: A compelling film about one family's journey to understand & seek help for their son's mental illness** with discussion facilitated by Sue Hanly, R.N. [www.westford.org/wpc](http://www.westford.org/wpc)  
Stony Brook Middle School auditorium, 9 Farmer's Way, Westford. Free. No registration
- Tuesday  
December 5  
12:00-1:00 **Motor Development in the First 12 Months of Life** presented by Mary Evans, DPT  
Babies welcome, no childcare for older siblings. Held at Emerson Health Center, 133 Littleton Rd, Room 314, Westford. RSVP to [imatthews@jri.org](mailto:imatthews@jri.org).
- Tuesday  
December 5  
7:00-9:00 **Peaceful Parents, Happy Kids: How to Stop Yelling & Start Connecting** with guest author Laura Markham. Held at Natick High School, 15 West Street. Free. RSVP's required: <http://events.r20.constantcontact.com/register/event?oeidk=a07eej43n4i42ab7890&llr=6qmgz5dab>

- Monday  
December 11  
6:30-8:30      **Family & Friends CPR** taught by Trinity EMS includes hands-only CPR for adults, child CPR with breaths, AED, and choking. Held at 10 Jean Avenue, Suite 12, Chelmsford. \$20. Registration req'd: <https://www.lowellgeneral.org/health-and-wellness/health-and-wellness-programs/getting-ready-for-your-baby/family-and-friends-cpr>
- Wednesday  
December 13  
1:00-2:30      **Babywearing Demonstration and Assistance** offered at The New Mothers Group held at 300 Baker Ave. Extension, Conference Room A, Concord. Infants welcome. No childcare for older siblings, no registration required. Presented by Jessica Smith, a Tinkergarten leader.
- Thursday  
December 14  
6:00-7:00      **Medication Questions and Answers for Obsessive Compulsive Disorder** presented by Dr. Paul Cannistraro of Mass. General Hospital. Held at Lazare Auditorium (Room S1-607) at U. Mass. Medical School, 55 Lake Avenue North, Worcester. Free. [www.ocdmassachusetts.org](http://www.ocdmassachusetts.org)