

programs & presentations

Winter
2018

Register online at familycenterweb.org or call 313.447.1374

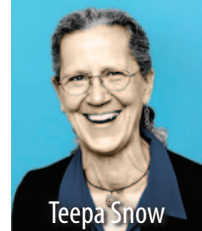
The ABC's of Dementia and Caregiving

February 7, Select 8:30 - 11am, Noon - 2:30pm, or 4:30 - 7pm session, at The War Memorial, 32 Lake Shore Drive, Grosse Pointe Farms, **FREE**

- Why Do They Do that? Understanding Symptoms and Behaviors in Dementia
- How to Communicate with Someone Who has Dementia
- Improving Your Hands-On Skills for Giving Care
- Creative and Practical Tips for Getting Through the Day
- Managing Behavior: Start with Yourself!
- Learning the Art of Being an Advocate & Partner

Featuring Teepa Snow, one of America's leading dementia educators.

Presented by The Family Center in partnership with Senior Helpers, The War Memorial, Grosse Pointe News, Pointe Magazine and ShorePointe Village.



Teepa Snow

Raising Empathic Children in a Disconnected Age

February 13, 7pm, at University Liggett School, 1045 Cook Road, Grosse Pointe Woods, **FREE**

A child's emotional intelligence (EQ) is the ability to accurately identify emotions and adroitly navigate emotion-governed interactions. A substantial and growing body of research suggests that a child's EQ strongly predicts success in a number of life areas, notably including school. Learn what every parent should know about the "anchor" EQ disposition of empathy, the ability to feel with another, and its development, expression, and viability in the digital age. You'll leave with a renewed commitment to carefully tend to the empathic lives of children and to employ empathic responses to strengthen relationships.

Featuring Bart Bronk, Head of School, University Liggett School.



Bart Bronk

Play Central

Wednesday and Thursday mornings, 9am - 11am, now through May 31
at Barnes Early Childhood Center, 20090 Morningside, Grosse Pointe Woods, **\$5 per family visit**

A place for parents, grandparents and caregivers to play with their children while socializing with other families in an indoor play setting. Play Central follows the Grosse Pointe Public School District calendar so holidays and snow days will be observed.

Get a **Free Visit** coupon at familycenterweb.org.

Play
Central



Meet & Greet

Meet & Greet for Professionals

February 27, 9:30 - Noon, at The War Memorial, 32 Lake Shore Drive, Grosse Pointe Farms, **FREE**

Connect and exchange information with other professionals working with youth, adults and families (educators, therapists, physicians, attorneys, dentists, clergy, etc.)

Presented by The Family Center in partnership with The War Memorial and Pointe Publishing Company. Welcome Sponsor: Pointe Professionals.

Special offer for attendees: 50% off for new advertisers in Pointe Publishing Company publications: Grosse Pointe News, Pointe Magazine or Detroit River Living magazine.

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Our mission is to serve our community through programs and resources vital to today's families.

The Family Center, 32 Lake Shore Drive, Grosse Pointe Farms, Michigan 48236

The Family Center is a 501(c)3 nonprofit organization that is 100% supported by community contributions. Its Ask the Experts programs and presentations address the entire spectrum of family life.

This flier has been approved for distribution within the Grosse Pointe Public School District and Harper Woods School District.

The
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Center
Resources for Families, Individuals and Professionals

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Tommy Adams

Technology in the Classroom: Is it the best fit for your child?

February 28, 7pm, at The Grosse Pointe Academy, 171 Lake Shore Road, Grosse Pointe Farms, **FREE**

All over the country, schools of all sizes and varieties embrace the use of technological devices in classrooms. One-to-one tablet programs, apps and virtual learning are now curricular hallmarks from pre-kindergarten through high school. Is this healthy for our children? This presentation will discuss the pros and cons of the use of technology in schools and will provide tips on how to leverage technology in thoughtful ways to enhance your child's learning.

Featuring Tommy Adams, Head of School, The Grosse Pointe Academy.



Amy E. Graham

It's All a Trap! The thinking traps that contribute to anxiety and depression in adolescents

March 7, 7pm, at Christ Church Grosse Pointe, 61 Grosse Pointe Blvd, Grosse Pointe Farms, **FREE**

Childhood and adolescence is the most common time for individuals to develop symptoms of anxiety and its close cousin, depression. Much of the anxiety experienced during adolescence is normative, with mild and short-lived symptoms that are easily managed. However, sometimes youth experience a significant amount of anxiety with symptoms that indicate the presence of a full-blown anxiety disorder that can significantly impact their emotions, interpersonal relationships, and academic success.

We will discuss the common thinking "traps" that contribute to adolescent anxiety and depression, and share many tips and techniques parents can use to help their teen identify, get out of, (and even prevent falling into) the traps.

Featuring Amy E. Graham, Doctoral Candidate, Clinical Psychology; Dual Title, Infant Mental Health.



Jeff and Debra Jay

Increasing the Odds: Recovery is about the family, not just the individual

March 15, 7pm, at The War Memorial, 32 Lake Shore Drive, Grosse Pointe Farms, **FREE**

Addiction is often described as a "family disease" – but up until now, families have been mostly left out of the recovery equation. Families, however, play a critical role in the recovery process, from initiation through long-term recovery. Through extensive work in intervention and family recovery, Jeff and Debra Jay have developed highly effective, detailed intervention techniques and Structured Family Recovery® processes that unlock the secrets of lasting sobriety – techniques that help addicted individuals attain lasting recovery – and make them available to families. The intervention process starts with a concerned family and the Structured Family Recovery® process ends with a family recovery team that maximizes the potential for a successful outcome for all involved.

This presentation will describe how to do an intervention and how to build a family recovery team, providing practical, helpful, hopeful information about intervention and family recovery that will both revolutionize recovery and bring recovery back to its roots. Jeff and Debra Jay are dynamic, highly experienced speakers whose materials are liberally interwoven with compassion, humor, personal stories and real-life descriptions.

Featuring Jeff Jay and Debra Jay, Love First. Presented by The Family Center in partnership with The War Memorial, Grosse Pointe News and Pointe Magazine.

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