

# Parent Workshop Series

Presented by Ottawa Substance Abuse Prevention Coalition and Great Start Parent Coalition

## Puberty, Setting the Table for Healthy Transitions

October 6, 2011 from 6:30-8:00 PM

Location: Health Department (12251 James St., Holland)

*Puberty, Pimples, Periods.....Oh My!! Join us for a topic that will usually generate a lot of giggles.....Puberty. This workshop is for parents and caretakers alike who are looking to add to their parenting tool box. Learn the developmental stages of puberty along with helpful hints on how to engage in a life long conversation about puberty and healthy sexuality as well as tips on how to answer those tough questions that sometimes makes us squirm!! This presentation will include a take home parent pack with the information presented that evening.*

## Emerging Drug Trends

November 3, 2010, from 6:30-8:00 PM

Location: Health Department (12251 James St. Holland)

*Parents are you aware of the latest drug trends among Ottawa County youth? With all the media coverage of nation issues, do you know which ones are actually popular in your neighborhood? This workshop will educate parents on what youth in Ottawa County are actually saying about the substances they use. Parents will learn accurate drug facts, how to talk to your kids, tips for prevention and resources for treatments.*

## Internet Safety and Cyberbullying Awareness

December 8, from 6:30-8:00

Location: Ottawa County Health Department Hudsonville Location (3100 Port Sheldon Rd. Hudsonville)

*Learn ways to keep your family safe when using the internet and a "page" like Facebook. You will also learn about the personal and legal consequences to your privacy and your reputation.*

## Anxiety & Depression in Children

February 9, 2012, from 6:30-8:00 PM

Location: Pathways, MI (412 Century Ln. Holland)

*Children can sometimes struggle with feelings of depression and anxiety. As parents, it is important to recognize what these feelings might look like, as children often express their feelings differently than adults do. Learning to understand these feelings better allows us the opportunity to help our children address and deal with them more self-confidently.*

## Teen Trends

March 1, 2012, from 6:30-8:00 PM

Location: Allendale Library (6175 Library Ln., Allendale)

*Do you find it hard to relate to teens? Have no clue what they are interested in? At this session you will develop a better understanding on this upcoming generation, learn about teen culture and receive helpful tips to stay in the know with teen trends and culture.*

## The Gift of Reading

April 12, 2102, from 6:30-8:00 PM

Location: Zeeland Community Hospital—Dewitt Professional Building (8333 Felch, Zeeland)

*Reading to a child is a gift that keeps on giving all through a child's life. Discover how reading to a child from birth can positively affect all areas of a child's development, from social emotional to speech development, and why it's never too late to start.*

## Family Night of Fitness Frenzy

(Interactive workshop, children welcome)

May 3, 2102, from 6:30-8:00 PM

Location: Zeeland Community Hospital—Dewitt Professional Building (8333 Felch, Zeeland)

*The U.S. Department of Health and Human Services reports that children who are consistently more active are likely to be healthier adults. And people who don't exercise are at risk of developing high blood pressure, osteopoerosis, heart disease, and other chronic illnesses. Sounds like a prescription to get moving — now!*

*It's never too early to start encouraging your child's healthy habits. It is time to plan some family togetherness time. The idea is to get 60 minutes of moderate to vigorous exercise every day. So, how can you get your family moving in a way that's fun and doesn't feel like a punishment? Attend an evening of healthy great ideas on how to make fitness fun for you and your kids, from toddlers to teens and any age in between.*



**Pre-registration is required for each workshop.**  
Please contact Jodi Glass at 616.396.2301 ext. 132 or  
jglass@pathwaysmi.org

