

# Parent University Spring '24

In today's fast-paced world, nurturing our students' mental health is more crucial than ever. Join us for an empowering and informative evening of workshops designed specifically for parents who want to support their children's mental wellness.



**D2O**  
MENTAL WELLNESS COLLABORATIVE



**REGISTER  
TODAY**

**April 10th, 6PM-8:30PM**  
**Oak Park and River Forest High**  
**201 N. Scoville Ave, Oak Park, IL**

## KEYNOTE & BREAKOUT WORKSHOPS

### KEYNOTE:

**Growing Up in Public: A Conversation  
with Dr. Devorah Heitner**



*Today's kids are born and raised on the internet. From completing schoolwork online to sharing about their lives on social media, they are always plugged in. As a result, the boundaries of privacy for children are stretched thin. Join nationally recognized author Dr. Devorah Heitner for an important parenting discussion about raising tweens and teens in a media-driven world.*



**Scan for more  
information on the  
speakers and the agenda  
for this event.**

### BREAKOUT WORKSHOPS:

#### I . **Communicating With Your Teen...Without Money, Magic, or Eye Rolls**

Whether you're talking about where your student wants to go to college, what the plans are for the weekend, or why the dishes are still in the sink, this presentation will give you communication strategies and skills that can help your adolescent or teen feel seen, heard, and understood while opening up the door for a productive conversation.

**Presenter:** Trina Bockus, CFPS, CFPP, Family Support Specialist, NAMI Metro Suburban

#### II . **In and Out of School: Students and a Positive Mindset**

This presentation will provide a foundation for developing and maintaining student well-being both throughout the school year and during school breaks, including how to set a structure for positive approaches to enhance well-being as well as how to foster an understanding of the need for student respite.

**Presenter:** Sarah Wiemeyer, Psy D, LCPC, MT-BC, Clinical Director, Thrive Counseling Center

