

District 200

2010 Spring Parenting Seminars

Stress and Achievement: How Much Is Enough?

February 18 12:00PM-1:00PM

Stress is a common human phenomenon. Dr. Michael Maniacci, Clinical Psychologist, will focus on when stress becomes distress and how we as parents need to monitor the levels of achievement our children strive to obtain.

Social Interaction in the Year 2010

February 25 12:00PM -1:00PM

Dr. Michael Maniacci, Clinical Psychologist, will examine the problems that emailing and texting poses for young people in the development of social skills, empathy and the ability to communicate with each other.

How Effective is Your Family?

March 4 12:00PM -1:00PM

Join District 200 social workers, Donna Kozica and Gary Luckey, for a lively presentation on Steven Covey's, *Seven Habits of Highly Effective Families*. Learn what habits would be most helpful in your family's development!

Top Ten Tips on Parenting

March 11 12:00PM-1:00PM

What are the lessons that we want our kids to learn and how do we teach them? Come and join us as we look at the latest research and develop a top ten list of the things that we can do as parents to help our kids become happy, healthy adults.

**Location: Wheaton Park District Community Center
1777 Blanchard Road, Wheaton**

To register call Annette at (630) 836-0245. **Registration is free.** Please indicate your choice of sessions. If you have questions call Donna Kozica, (630) 836-0354 or Gary Luckey, (630) 784-7208.