

Making Sense of Adolescence

Crossing the bridge from childhood to adulthood has never been so daunting. The time of adolescence is longer than ever and yet society today offers little support in understanding or facilitating this transition. What is meant to happen? What is nature's purpose and design? Discussion will centre on understanding the maturing dynamics occurring for the adolescent and the tools to help them through this journey. Topics may include (depending on time available) the seven rites of passage, increasing awareness and need for autonomy, teen resistance and becoming a sexual being. This presentation is suitable for participants with tweens and teens.

Facilitator: Dr. Deborah MacNamara



Dr. Deborah MacNamara is the author of the best-selling book *Rest, Play, Grow: Making Sense of Preschoolers (or anyone who acts like one)*, is on Faculty at the Neufeld Institute, and is the Director of Kid's Best Bet, a Counselling and Family Resource Centre. Her book has been translated into Russian and French languages with Italian, German, Spanish, and Danish versions currently underway.

Deborah is a dynamic teacher and experienced counsellor who makes developmental science come to life in the everyday context of the home and classroom. She also provides counselling services to parents and professionals to make sense of learning, behavioural and developmental issues in kids – from babies to teens.

When: Wednesday, September 22, 2021, 6:30 pm– 8pm via Zoom

Please register in advance for this workshop:

https://ca01web.zoom.us/meeting/register/u5MlcOqprjguEgDYYWLgog0BUHXHOfk_F5Tu

After registering, you will receive a confirmation email containing information about joining the meeting.

PRESENTED BY:



A FREE
EDUCATION SERIES FOR
PARENTS AND CARGIVERS

DR. DEBORAH
MACNAMARA

MAKING SENSE OF
ADOLESCENCE

SEPTEMBER 22, 2021
6:30-8PM
SPACE IS LIMITED

Email questions for Dr. MacNamara ahead of time to: Kirsten Hermanson, Manager – Prevention and School Wellness

khermanson@deltaschools.ca

Thriving in Kindergarten to Grade 3: Routine and Regulation

Discover the power of building routines around sleep, technology, nutrition, mental health, anxiety and how to manage your child's screen time for a better night's sleep.

We will reveal practical sleep strategies for the whole family, including managing increased screen time during the pandemic. Learn new ways to help you and your child cope during transitions. We will cover 'decompensation' (the inability to function in the face of stressors) and how to avoid this with your child as they enter a new school year.

Presented by Dr. Smita Naidoo facilitated by Andrea Bell



Dr. Smita N. Naidoo is a Child and Adolescent Psychiatrist with a passion for merging clinical medicine and public health. She works at The Foundry-Ridge Meadows, Private Practice- Three Story Clinic, Clinical Faculty at The University of British Columbia and is a co-founder of Paperclouds. Her Master's in Public Health along with a background in clinical medicine has fueled her enthusiasm for providing well-researched knowledge and practical solutions for societal health awareness and education on the values of healthy sleep.

Andrea J. Bell has spent over a decade directly involved with people, education and their health service needs. Leading national corporate initiatives and advocating community mental health awareness transformed her into an entrepreneur-mom who empowers families with healthy sleep knowledge and solutions.

When: Thursday, September 23, 2021, 6:30 pm – 8pm via Zoom

Please register in advance for this workshop:

<https://ca01web.zoom.us/meeting/register/u5UvdeGoqzIqE9eq4PR5QYSa66nhc13LLs-6>

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**PAPERCLOUDS/ZZZ
POWER EVENT WITH
DR. SMITA NAIDOO
& ANDREA BELL**

SPACE IS LIMITED

Email questions ahead of time to:
**Kirsten Hermanson,
Manager – Prevention
and School Wellness**

khermanson@deltaschools.ca