



2020 Raising Healthy Families Community Education Series

Join us for this **FREE** informative education series as we examine important issues facing today's families. Presentations by noted Bay Area experts will offer tools and strategies to empower you to help raise children who are curious, compassionate, and resilient.



Battling Adolescent Substance Addiction: Learn the Signs and Know What to Do

Presented by Kenneth Perlmutter, PhD
When: Tuesday, March 3, 2020, 6pm – 8pm
Where: San Rafael Community Center
618 B Street, San Rafael, CA 94901

Dr. Kenneth Perlmutter will address the most common questions posed by parents, teachers, coaches, and siblings of adolescents caught up with substances. This presentation will enable parents to assess for addiction, identify the differences between normal and problematic partying, and explore parental control of substance use, along with examining parental use of the same.



Helping When Your Child Is Hurting: What Every Parent Needs to Know to Prevent Adolescent Self-Harm & Suicide

Presented by Keith Sutton, PsyD
When: Tuesday, March 24, 2020, 6pm – 8pm
Where: San Rafael Community Center
618 B Street, San Rafael, CA 94901

Anxiety rates for adolescents are on the rise, and so is self-harm and suicide. Losing a child is a parent's worst nightmare. Dr. Sutton will explain the potential causes of adolescent anxiety and depression, why some kids self-harm, and factors that can lead to suicide or suicidal behavior. He'll discuss effective treatments and how parents can help their depressed children overcome their pain.



Slaying the Beast: A Practical Guide for Parents on the Dangers of Technology Overuse and Obsession

Presented by Mark Edwards, LMFT
When: Tuesday, March 31, 2020, 6pm – 8pm
Where: San Rafael Community Center
618 B Street, San Rafael, CA 94901

Modern parents are faced with greater pressure from children, peers and technology companies to allow almost constant use of gaming and communications technology regardless of consequences. Mark Edwards will offer a number of hands-on strategies for the discussion of rules and responsibilities for children and teens, and suggest practical tips for negotiating healthy limits to technology use at home, school and college.

Thank you to our Sponsors!



Events

Co-hosted by
Community Institute for
Psychotherapy
&
Marin County Office of
Education

Space Limited
Reservations will be
held until 5:50 p.m.

For more information
or to register
visit www.cipmarin.org
Or call (415) 459-5999 x101

Community Raffle
Raffle Ticket \$5 or
6 for \$25
Available at door & online

All event proceeds will go directly to support CIP's safety-net programs. Through our sliding scale and pro bono services, CIP assures that disadvantaged families and individuals have access to the quality mental health care they need to regain emotional stability and live full, productive lives.

Community Institute for
Psychotherapy
1330 Lincoln Avenue, #201
San Rafael, CA 4901

