

What if what you experience in four hours could change your child's **entire** experience of school?



## What You Learn Helps Your Child Learn Better!

**Parenting U** is a half-day intensive with experts in psychology and academics providing key tools and insights for increasing student success—and household harmony—in middle school, high school, and beyond.

### **Keynote: Overscheduled, Overworked, and Overwhelmed: Strategies to Take Care of Your Kid and Yourself**

**Michael Tompkins, PhD**, is a licensed psychologist, Assistant Clinical Professor at U.C. Berkeley, and the Co-Director of the San Francisco Bay Area Center for Cognitive Therapy. He is the author of several books, including: *My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic*. In this talk for parents, Dr. Tompkins will share what these strategies are, why they work, and concrete actions you can take today to help your kids—and yourself!—at home.



### **Breakout Sessions Include:**

Understanding Executive Functioning • Digital Media and Boundary-Setting • Fostering a Growth Mindset • Gender and Cognitive Development • Homework Help for Parents • Talking to Tweens and Teens About Sex • Sleep Hygiene • Self-Care for Parents of Teenagers • and MORE...

Visit [www.parenting-u.com](http://www.parenting-u.com) for a complete list of topics and presenters

**Date: Saturday, October 13, 2018**

**Time: 9:00 a.m. – 1:00 p.m. | Doors open at 8:30 a.m.**

**JULIA MORGAN SCHOOL FOR GIRLS (Mills College Campus)  
5000 MacArthur Blvd, Oakland, CA 94613**

**SPACE IS LIMITED — REGISTER TODAY!**

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