

PARENT EDUCATION NIGHT

WASHINGTON COUNTY
SCHOOL DISTRICT

UPCOMING 2024-2025 EVENTS OPEN
TO ALL PARENTS PRE-K TO 12TH
STARTS AT 6:00 PM



04
SEP

Paradise
Canyon Elem.

Adverse Childhood Experiences (ACEs):

ACEs is one of the largest investigations of abuse, neglect, and household challenges, and their impact on later-life health and well-being. This presentation will focus on the exploration of the ACE study as well as identifying evidence-based solutions and interventions meant to counter those with a high ACE score.
Presenter: Elysia Young, LCSW, Crimson Heights

08
OCT

Sandstone
Elem.

Unlock the Power of ADHD!

In this workshop we will learn how to recognize ADHD, how the ADHD brain works, and the tools you can use to help your kids turn it into a superpower and reduce the negative symptoms they may experience

Presenter: Thurmon Thomas, LMFT, Ascend Counseling

12
NOV

Desert Hills
High

Help Your Kids Crush Worry, Anxiety & Perfectionism

If your kids or teens experience anxiety that interferes with their peace and optimal performance, come learn proven strategies to turn things around. We'll explore the signs that show it's time to get help and how to choose the best interventions.

Presenter: Mary Wilde MD, Imagine Pediatrics

10
DEC

Crimson
View Elem.

Inside-Out Parenting

Strategies for helping children develop a secure sense of self. Come and learn strategies how to connect with your child's inner-self.

Presenter: Chad Graff Ph.D., LMFT, LCMHC - TruAnchor Therapy

14
JAN

Pine View
High

Understanding Youth Addiction and Substance Abuse:

Join Southwest Prevention for an informative presentation addressing addiction and substance abuse among youth. We'll delve into local data on youth usage from the Utah SHARPS survey, explore the impact of addiction on the developing brain and dopamine levels, and discuss the role of technology in addiction. Attendees will gain valuable insights into local resources and evidence-based strategies that parents can implement to support their children. **Presenter: Pamela Holiday Prevention Specialist / Logan Reid Prevention Director - Southwest**

11
FEB

Hurricane
Intermediate

An Attachment Approach to Helping Your Child Manage Anxiety

In this presentation, we will explore how understanding and strengthening the attachment bond between parents and children can be a powerful tool in managing childhood anxiety. Key Topics include: Understanding Attachment Theory, Identifying Anxiety in Children, The Role of Secure Attachment in Managing Anxiety, Practical Strategies for Parents, Interactive Activities, Resources and Support. The goal of the presentation is to equip parents with a solid understanding of attachment theory and its relevance to managing anxiety. **Presenter: Cary MacArthur LMFT, Bluechip Counseling**

25
MAR

Bloomington
Hills Elem.

Students in Crisis and Self-Harm

What is self-harm and how many types are there? Why do people do it? Evidence shows that 14 to 20% of teenagers engage in self-harm behaviors. Depression is associated with the negative things that have happened to people and anxiety with the future things people think will happen to them. The 988 # would be a great place to call or text when feeling overwhelmed. Learn some strategies on how to avoid self-harm reactions and coping with depression.

Presenter: Rafael A. Sanchez, LCSW Revere Health

08
APR

Dixie High

Beyond the Surface: Understanding OCD, ODD, and DMDD as Complex Mental Health Conditions

Explore the intricate layers behind Obsessive-Compulsive Disorder (OCD), Oppositional Defiant Disorder (ODD), and Disruptive Mood Dysregulation Disorder (DMDD). Learn about the biological, psychological, and environmental factors at play, and explore effective strategies for support and treatment.

Presenter: Kelsey Atkinson, CSW, Zest for Life Counseling

01
MAY

Dixie
Middle

Parent Education Family Fair!

Come join us for a night of meeting many local providers and checking out the resources that are available to you and your family.

For every parent night you attend, you will receive one entry for a grand prize at our family fair! **Games and Prizes!**