

Parent Academy

This series of Parent Academy workshops and presentations address pressing concerns of parents of adolescents and offer parents tips and tools to help their children succeed in and out of school.

All workshops are free and will be held in the Somerset Berkley Regional High School Performing Arts Center

ADOLESCENT PSYCHOLOGY: THE PARENT VERSION

November 3, 2016 at 7:00 PM

Joani Geltman

Sponsored by SMS PTO

Parents will learn about the teen neuroscience behind the heightened social, emotional and creative energy that drives adolescent behavior. Ms. Geltman teaches parents how to harness changes to help teens navigate a happy, stable transition to adulthood. She offers strategies to enhance self-awareness, support family connections and reduce vulnerability to risks.

TEXTING, SEXTING, AND SOCIAL MEDIA

January 24, 2017 at 6:30 PM

Joani Geltman

Parents will gain understanding in how the “emotional brain” of a teen gets “turned on” by social networking. Ms. Geltman will discuss how the “Imaginary Audience” influences your teen’s performing on social media. Parents will learn which apps are safe and unsafe, strategies to monitor and set limits around phone and internet use, and how parents’ behavior with phones and computers can positively and negatively influence your teen.

WHAT’S A PARENT TO DO? STRAIGHT TALK ABOUT DRUGS AND ALCOHOL

March 6, 2017 at 6:30 PM

Henry David Abraham, M.D.

Sponsored by the Somerset Insurance Underwriters’ Association

Dr. Abraham bridges the knowledge gap between parent and child with a three-pronged approach: helping parents prevent drug/alcohol abuse before their child gets involved; providing parents with the essential facts on many street drugs — from tobacco to heroin — that put their children at risk; and showing parents what steps to take if their child already uses or is addicted to drugs or alcohol.

CORY’S STORY

April 3, 2017 at 6:00 PM

Cory Palazzi

Sponsored by the Bristol County District Attorney’s Office

(in conjunction with Spring Athletics Wellness night)

Cory was a standout high school athlete and National Honor Society member at Taunton High School. His high-school baseball shoulder injury led to a dependence on prescription drugs and then heroin. One day, heroin almost killed him and left him permanently disabled. Cory shares his story with teens and parents in a hope to destigmatize opiate abuse and ensure that other families will not have to suffer the pains that Cory’s family has had to suffer.

ADOLESCENT ANXIETY AND DEPRESSION

May 2, 2017 at 6:30 PM

Nadja Reilly, Ph.D.

Dr. Reilly, a clinical psychologist with 12 years’ experience at Boston Children’s Hospital, is a lecturer at Harvard Medical School and the Associate Director of the Freedman Center for Child and Family Development at William James College. She is the author of *Anxiety and Depression in the Classroom*. Dr. Reilly will discuss student stress, anxiety, and depression and ways to promote social-emotional wellness in students to foster self-regulation, reduce anxiety and avoid negative outcomes in order to produce the greatest academic based results.