

JOIN US!

Tuesday, December 13th, 2016 • 6:30pm-8:30pm
Weaver Lake Elementary School - Media Center
15900 Weaver Lake Rd. Maple Grove, MN
Child care is no longer provided.

OASIS

Osseo Area Source of Information and Support

Title: 8 Pillars of Parenting for Peace at Home: How to Stop the Fighting, Yelling, & Frustration

Presenter: Samantha Moe, MA, SLP - Mad2Glad

Are you stressed out and exhausted? Tired of your child's poor listening, lack of self-control and defiant behavior? Discover why your child pushes your limits, tries to control everything, and how you can transform your home into an enjoyable space rather than a war zone.



Samantha Moe
MA, SLP

Samantha Moe, M.A. SLP, is a Certified Parent Coach whose passion is teaching practical ways to decrease stress. Found of the holistic and innovative Mad2Glad Blueprint, she guides caregivers in her step-by-step approach to dramatically reduce defiance and disrespect and re-establish confidence and authority.

SAVE THE DATE! Upcoming Sessions:

Date: Tuesday, January 17th

Presenter: Marc Markell, PhD - St. Cloud State University

Topic: Grief

Marc is a professor of special education at St. Cloud State University. He will be discussing how the grief is not only experienced after the death of a significant person, but also as a result of emotional, cognitive and behavioral challenges. This presentation will address grief reactions and grief myths.

Date: Tuesday, February 21st

Presenter: Anna Bohlinger, PhD, LMFT - PrairieCare

Topic: See, Speak, Seek: Noticing and Helping Kids and Teens with Depression

About 11% of children and teenagers experience depression each year (National Institutes on Mental Health, 2014). In this presentation, participants will learn about signs of depression, ways to talk with their children and others about it, and ways to help kids in their communities get help and feel better.

OASIS programs are open to all parents, caregivers, and staff.

Certificate of Attendance will be provided for those seeking continuing education hours.

Speakers and topics are subject to change.

For any questions please contact:

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2016 - 2017 SESSIONS

September 20th

ADHD - ATTENTION DEFICIT HYPERACTIVITY DISORDER
Ellie Covin, PsyD, LP - *Psychology Consultation Specialists*

October 11th

MINDFULNESS AT HOME: An Introduction
Mary Theresa Schmitz, LICSW - *Elk River Schools*

November 1st

UNDERSTANDING THE ANXIOUS BRAIN IN CHILDHOOD
Lora Matz, LICSW - *PrairieCare*

December 13th

8 PILLARS OF PARENTING FOR PEACE AT HOME: How to stop the fighting, yelling, and frustration
Samantha Moe, MA, SLP - *Mad 2 Glad*

January 17th

GRIEF
Marc Markell, PhD - *Saint Cloud State University*

February 21st

SEE, SPEAK, SEEK: NOTICING & HELPING KIDS/TEENS WITH DEPRESSION
Anna Bohlinger - *PrairieCare*

March 21st

OUT OF THE TOY BOX: Organic Sensory Play and Interventions to Resolve Internal Stress and Complex PTSD
Jennifer Riziq, MA, LP RPT-S - *Healing the Soul Psychotherapy*

April 11th

TEEN DEPRESSION AND SUICIDE AWARENESS
Jacob Mars - *SAVE*

May 9th

TECHNOLOGY IN YOUTH
Gary Johnson, PhD, LP, LMFT - *C.A.L.M Clinic*

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