



# Things We Wish Grown Ups Knew...

*Presented by AAH SFAP*

Your **AAH Student and Family Assistance Program** is proud to present a free 4-part webinar series that highlights current trends of school-aged children that impact both their academic and home-life.

**Please Note:** All presentations will be on **Tuesdays**, offered at both **12:00pm – 12:30pm** and **6:30pm – 7:00pm**. You can register for single presentations OR the entire series! These webinars will not be recorded.

## **Let Me Do It By Myself. I Need Help!**

**11/7/2023 12pm | 6:30pm**

Presented by She'Leah Fisher, MS, NCC, LPC

**Description:** This presentation will focus on the developmental stages of children. Knowing these stages can help families understand when to allow age-appropriate independence and when to offer support.

## **I Need Sleep. There is No Time!**

**2/6/2024 12pm | 6:30pm**

Presented by Lynn O'Brien, LCSW, LMFT

**Description:** Research shows that a good night's sleep is vital for maintaining the health and wellbeing of children. This presentation will focus on these health benefits and offer tips for parents to help ensure that their children are getting enough sleep.

## **My Phone is My Life. It's Driving Me Crazy!**

**12/5/2023 12pm | 6:30pm**

Co-Presented by Evoanna Vargas, MSW, LCSW & She'Leah Fisher, MS, NCC, LPC

**Description:** This presentation will focus on fostering strong family relationships through communication, consistency, and compromise in a digital world.

## **Life is Hard. But I Can Do Hard Things!**

**3/5/2024 12pm | 6:30pm**

Presented by Lynn O'Brien, LCSW, LMFT

**Description:** This presentation will focus on the importance of helping children develop resilience in the face of a fast-changing world. In addition, parents will learn tips for helping their children manage stress and deal with intense emotions in a healthy way.

**Click on any of the above times to register!**

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AAH SFAP at 800.236.3231**

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**Student and Family Assistance Program (SFAP)**

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