

## JANUARY

### **Webinar: Post-partum Depression**

This outstanding webinar is relevant for both people living through post-partum depression and anyone wanting to know more about it.

**When:** Wednesday, January 23rd, Noon-1:00pm

**Where:** From your home or office! All you need is Internet access. **To register:** [BoulderPsychologicalServices.com/free-webinars](http://BoulderPsychologicalServices.com/free-webinars)

**Presenters:** Debbie Mayer, LCSW, Kat Austin, LPC

### **The Art of Aging**

Discover a variety of ways to age well as you journey along the path of life.

**When:** Tuesday, January 22nd, 4:00-5:30pm

**Where:** Boulder Public Main Library, Flatirons Room, 1001 Arapahoe Avenue, Boulder

**Presenters:** Karen Wilding, LCSW, Dan Fox, LPC



## APRIL

### **Building Resilience in our Kids**

What does resilience really mean for our kids? How do we foster this in everyday engagement? Discover practical tools to build resilience with your kids.

**When:** Monday, April 8th. 6:00-7:30pm

**Where:** Horizons K-8 Charter School, 4545 Sioux Drive, Boulder

**Presenters:** Debbie Mayer, LCSW, Brooks Witter, LPC

### **Webinar: The Power of Family and Group Connection to Overcome Times of Fear**

When the world seems stressful, it's easy to pull back and isolate. Join us for a conversation about why and how to find connection despite our nervous system's natural response to fear.

**When:** Wednesday, April 17th, Noon-1:00pm

**Where:** From your home or office! All you need is Internet access. **To register:** [BoulderPsychologicalServices.com/free-webinars](http://BoulderPsychologicalServices.com/free-webinars)

**Presenters:** Phillip Horner, LCSW, Angelo Ciliberti, LPC & Karen Eiffert, LCSW

### **NEW IN 2019! Book Based Discussion – “Untangled” by Lisa Damour**

Discover why “Untangled: Teenage Girls Through the Seven Transitions into Adulthood” is such an important book for parents of teenage girls. Reading Untangled ahead of time is encouraged but not necessary.

**When:** Monday, April 29th. 6:00-7:30pm

**Where:** Louisville Library, 951 Spruce Street, Louisville

**Presenters:** Caroline Roy, LCSW, Leah Kaplan, LPC & Harmony Barrett Isaacs, LPC

## FEBRUARY

### **From Manager to Coach: Parenting the Early Adolescent**

Learn how to make this important parenting shift as your child moves into adolescence.

**When:** Wednesday, February 6th, 6:00-7:30pm

**Where:** George Reynolds Branch Library, 3595 Table Mesa Drive, Boulder

**Presenters:** Brooks Witter, LPC, Kimberly Bryant, LPC & Leah Kaplan, LPC

### **Tools for Couples in Crisis**

Learn about the most common couples' challenges and effective strategies to address them.

**When:** Monday, February 25th, 6:00-7:30pm

**Where:** Mamie Dowd Eisenhower Library, 3 Community Park Rd., Broomfield

**Presenters:** Kat Austin, LPC, Kimberly Bryant, LPC

## MARCH

### **TV Show: Family Communication - From Chaos to Calmness**

**When:** Tuesday, March 12th, 12:30-1:00pm

**Where:** BVSD Ed Center, 6500 Arapahoe, Boulder

**Watch:** Channel 22 or [www.BVSD.org](http://www.BVSD.org)

**Moderator:** Dan Fox, LPC

**Guests:** Karen Eiffert, LCSW., Kimberly Bryant, LPC & Phillip Horner, LCSW

### **Learning Differences and Learning Disabilities: An Overview**

Join us for this interesting and informative presentation, with an emphasis on strategies for your child's success.

**When:** Monday, March 18th, 6:00-7:30pm

**Where:** Lyons Elementary School, 338 High Street, Lyons

**Presenters:** Jennifer Key, LCSW, Charlie Wright, LSP