PATHWAYS TO SUCCESS

Boulder Psychological Services

Serving the Individual, Family, and Community

720.217.3270

For More Information, please visit:

www.BoulderPsychologicalServices.com

MAMIE DOUD EISENHOWER LIBRARY - BROOMFIELD
Second Monday, 6:30-8:00pm
3 Community Park Road, Broomfield, CO

1/12/15
The Fatherhood Journey
Learn about the important role that fathers play in their children's lives and how fathers can connect more deeply.
Facilitators: Jeremy Dion, LPC

2/9/15
Giftedness and Stress
Learn why it is so common for gifted students to struggle with stress and how to help them manage it.
Facilitators: Jenny Key, LCSW, Jenny Hecht, LCSW

3/9/15
Approaches for Treating Autism: Horses, Art, and Neurofeedback
Learn how people with Autism may benefit from nontraditional therapeutic approaches.
Facilitators: Dan Fox, LPC, Corissa Gold, LPC, ATR, Caroline Roy, LCSW

4/13/15
Successfully Transitioning to High School
As your child starts on the road to young adulthood, learn how to support them for a successful high school experience.
Facilitator: Dr. Jan Hittelman

5/11/15
Strategies to Help Keep Your Child Drug-Free
Learn about the prevalence of adolescent substance abuse, how to help your child avoid it, and when to get help.
Facilitators: Kat Austin, LAC, Ryan Dawson, LPC

LOUISVILLE LIBRARY
Third Tuesday, 6:30-8:00pm
951 Spruce Street, Louisville

1/20/15
Strengthening Your Relationship with Your Child
Discover how to be an effective disciplinarian while simultaneously enhancing the parent-child relationship.
Facilitators: Ryan Dawson, LPC and Lesley Cunningham, LPC

2/17/15
Anxious? Strategies for Adults Struggling with Anxiety
We all get anxious and for some it can be paralyzing. Join us to learn effective ways to minimize anxiety symptoms.
Facilitators: Rachael Bonaiuto, LPC, Dr. Sunda Friedman TeBockhorst, LPC

3/17/15
5 Ways to Develop Healthy Self-Esteem in Your Child
Learn how to help your child develop his/her most critical attribute: A positive sense of self.
Facilitators: Mia Bertram, LPC, Corissa Gold, LPC, ATR, Lesley Cunningham, LPC

4/21/15
Transitioning to College: Tips and Tools for a Great Experience
40% of undergraduate college students don't earn their degree. Learn how to make sure your child isn't one of them.
Facilitators: Dan Fox, LPC, Dr. Sunda Friedman TeBockhorst, LPC, Corissa Gold, LPC, ATR

5/19/15
Understanding the Dynamics Behind Addictive Behaviors
Whether for yourself or a loved one, deepen your understanding of addictive behavior and how to address it.
Facilitators: Kat Austin, LAC, Caroline Roy, LCSW

MEADOWS BRANCH LIBRARY - BOULDER
Mondays, 6:30-8:00pm
4800 Baseline Road, Boulder

1/26/15
New Moms: Caring for Yourself as You Care for Your Baby
Learn how to prepare for healthy postpartum self-care.
Facilitator: Rachael Bonaiuto, LPC, Kate Ellard, LCSW

2/23/15
Learn How You Can Reduce Stress Now!
Learn simple yet highly effective stress management techniques that will immediately improve your well-being.
Facilitators: Kate Ellard, LCSW & Dr. Sunda Friedman TeBockhorst, LPC

3/30/15
Strengthening Social Skills in Children and Adolescents
Learn why social skills correlate with success in life and how to help your child be more socially competent.
Facilitators: Mia Bertram, LPC, Erin Dittelberger, LPC, Caroline Roy, LCSW

4/27/15
Transitioning Through Adulthood: Successfully Adapting to Change
Learn how to successfully adapt to a variety of life changing events and circumstances.
Facilitators: Rachael Bonaiuto, LPC, Karen Wilding, LCSW, Corissa Gold, LPC, ATR

5/18/15
Impacts of Legalized Marijuana on Children and Families
Join a community discussion that examines the cultural impacts of legalized marijuana and how to parent to this issue.
Facilitators: Ryan Dawson, LPC, Dr. Lee Johnston

See other side for free TV shows and webinars!