BPS Community Partners Present

PATHWAYS TO PARENTING SUCCESS

Now you don't even have to leave home!

Check out our FREE television and online programs!

BVSD/Channel 22 Series
Third Thursday, 12:30-1:00pm

Location: BVSD Board Room,
6500 Arapahoe, Boulder

Be Part of the Conversation!

Join us live, watch live on Channel 22 or streamed on www.BVSD.org. Submit your questions via the internet during the show and watch previous programs by going to www.BoulderPsychologicalServices.com

1/15/15
From Roomates to Soulmates: Enhancing Couple's Relationships
Identify common obstacles and learn effective strategies to enhance your relationship.
Moderator: Dr. Jan Hittelman
Panelists Include: Kat Austin, LMFT, Corissa Gold, LPC

2/19/15
Anxiety Disorders: Diagnosis and Treatment
Deepen your understanding of anxiety disorders, symptoms, and effective treatment options.
Moderator: Dr. Jan Hittelman
Panelists Include: Dr. Sunda Friedman TeBockhorst, LPC, Kate Ellard, LCSW

3/19/15
Helping Your Child Deal with Strong Emotions
How to survive and minimize meltdowns, while helping your child strengthen their coping skills.
Moderator: Leisha Conners Bauer, MPA
Panelists Include: Ryan Dawson, LPC, Corissa Gold, LPC

4/16/15
Helping Families Successfully Transition Through Divorce
Discover proven parenting strategies that can make all the difference in minimizing the negative impacts of divorce.
Moderator: Dan Fox, LPC
Panelists Include: Jeremy Dion, LPC, Lesley Cunningham, LPC

5/21/15
Medical Marijuana: Facts and Myths
Join a community discussion about medical marijuana and learn about recent research regarding its effects.
Moderator: Dr. Jan Hittelman
Panelists Include: Dr. Lee Johnston

See other side for free library workshops!

Webinar Series

Join These Live Webinars From the Comfort of Your Home or Office!

All you need is Internet access (via computer, tablet, or smart phone) at the scheduled time, and you'll be able to listen to the talk.

1/21/15
Noon - 1:00pm
5 Key Strategies for Strengthening Your Relationships
Discover how to improve your quality of life by enhancing and deepening your relationships with others.
Presenters: Jenny Key, LCSW, Lesley Cunningham, LPC

2/18/15
Noon - 1:00pm
Helping Children and Teens Who Struggle with Anxiety
Deepen your understanding of anxiety issues in children and learn about effective strategies that can help.
Presenters: Harmony Barrett Isaacs, LPC, Erin Dittelberger, LPC

3/18/15
Noon - 1:00pm
12 Ways to Becoming a SuperParent!
Revolutionize your parenting approach by using techniques that will improve your child's behavior, as well as the relationship.
Presenter: Dr. Jan Hittelman

4/15/15
Noon - 1:00pm
Navigating the Transition to Middle School
Coinciding with adolescence, middle school can be a tough transition for all. Learn how to make it successful.
Presenter: Dr. Jan Hittelman

5/20/15
Noon - 1:00pm
Addressing the Challenges of Internet Pornography
Pornography has flooded the Internet. Learn about its impact, the potential for addiction, and treatment options.
Presenters: Ryan Dawson, LPC, Corissa Gold, LPC

Register for our FREE interactive webinars, by going to:

BoulderPsychologicalServices.com/free-webinars

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