

SOCIAL & EMOTIONAL SPEAKER SERIES

PRESENTED BY THE CHUH PTA COUNCIL

PARENTING WITH INTENTION: DISCOVERING AND PRACTICING WHAT MATTERS MOST TO YOU, EVERY DAY

Life is busy. And stressful. Oftentimes parenting literature or workshops make us feel like we are dropping the ball. Shifting perspective can help us see what's important to us and how to prioritize our key values in a day-to-day way.

Using this framework, we will hit on key developmental concepts that parents, educators, and therapists find helpful in supporting healthy development and in navigating tricky times. Participants will leave with concrete ideas — customized to their own families — and an action plan for home.

ABOUT THE SPEAKER

Shari Nacson, LISW-S

Mostly a mom, Shari Nacson is a Cleveland Heights clinical social worker who specializes in early childhood, parent guidance, and crisis management. She is also a freelance editor, nonprofit consultant, and writer.

DATE AND TIME

October 23, 2017

Heights High School-
Small Auditorium

6:30pm-7:30pm

