This year Project Wellness will provide 36 workshops. Please review before making final selections. Note that some workshops are for specific groups only, such as female student/female adult pairs, boys only, or student/adult pairs.

The following workshops are for Adults and Students: (1-12)

#1 Bullyproof at School and Home
Lisa Sjostrom, Ed. M.
Teasing, bullying, exclusion and social cruelty: these interfere with kids’ right to learn and grow – and have fun – in a safe and welcoming environment. Come to this workshop to learn more about how to prevent cyber-bullying, social bullying, and black-eye bullying. And the flip side: how to create ethical, cooperative, and civically-minded schools and homes where every kid can fulfill his or her potential as a good learner and a good friend.

#2 Odd Girl Out
Linda Murphy, ABRHS counselor
Have you ever felt like the “odd girl out”? Has your best friend suddenly turned on you? Can you relate to the movie “Mean Girls”? Do you believe there is a difference between girls’ and boys’ aggression? Do you feel isolated in dealing with these issues? This workshop will use ideas from Rachel Simmons’ book Odd Girl Out to discuss the nature of girls’ aggression and how it impacts the social development of girls and young women.

#3 Youth Adult Dialogue: Improving Communication around Important Issues
Deb Rimpas, MSW
Discussion groups between parents and 7th graders to share thoughts and feelings about adolescent and family issues.

#4 Parenting the Child in the Academic Pressure Cooker called Suburbia
Todd Chicko, ABRHS Counselor
Stress is a phenomenon that can affect all students whether it is on the stage, athletic field, or in the classroom. Growing up in an affluent suburb brings with it a set of circumstances that are unique to the teenage experience. This workshop will explore strategies to help children deal with the stress related to growing up in this type of community.

#5 Internet Safety
Nora Mann, Project Alliance
Do you know the difference between chat, IM and email? How do we teach our children to be safe online? Understanding the opportunities and dangers related to the internet is not only important for adults, but is imperative for us to understand as parents. Participants will learn about online safety and the risks, from the types of crime most frequently perpetrated against juveniles, to the criminal law and how it can protect us.

#6 How to Perform Your Best Under Pressure
Robert Smith, Ph. D.
Improve your ability to concentrate and perform well in school, sports, and at work. Dr Smith is internationally known for his work with athletes, coaches, musicians, and corporate executives. This program will include the concepts and skills used by top performers to excel in their chosen areas of expertise.

#7 Stressed Teens and Parents: A Workshop on Play and Laughter
P. Lynn Caesar, Ph.D.
Is it hard to enjoy the moment because you are so worried about the future or can't let go of the past? Is life so scheduled that you have lost the capacity for imagination, creativity, and enthusiasm? Does your family seem more like a battleground than a playground? Do you wish your parents were more fun? Would you like to enjoy your teenager again? Refocusing on the “journey” rather than the end result is the focus of this workshop. You will leave this workshop with tools to manage stress, find joy and a renewed sense of playfulness in your family.

#8 The Life of Boys
Marni Kaplan-Earle
More and more we are hearing stories about boys getting into serious trouble, dealing with depression, and feeling alienated from others. Through discussions in this workshop, adults and students will share their understanding of “boy culture” and appreciate what it’s like being a boy in today’s world. Participants will also learn how boys and adults can improve their relationships and promote boys’ development into healthy young men. (Participants may want to read The Wonder of Boys by Michael Gurian or Real Boys by William Pollack. Material from these books will be used in the workshop.)
#9 Exercise and Teen Body Image
Kandee Newell
NASM Certified Personal Trainer
Elizabeth Muff
ACE Certified Personal Trainer and Group Exercise Instructor.
The Thoreau Club
This workshop will explore healthy exercise habits for growing teens. Somewhere between sedentary behavior and compulsive exercise is an appropriate balance that is achievable and beneficial. Participants will learn what they should be doing to promote good health and parents will be informed on how to spot unhealthy exercise habits in their children.

#10 Find your passion
Karen Mackin
The Thoreau Club
Everyone knows that it is important to get active to improve their health and fitness. The real question is - what activity or sport will excite you enough to stick with it? Finding your athletic passion is the key to opening the door to a lifetime of fitness at any age. This workshop will explore some activities and sports that you may never have been exposed to and provide some insights into how to get started.

#11 Million Calorie March
Gary Morino
Generation Exel
Gary was a Boston businessman who struggled with his own food issues and obesity. He began a one-man quest to help education others about obesity and prove to others that they have the power to change. This inspirational and entertaining speaker will share his experiences on the Million Calorie March and give families the tools and information to “improve quality of health through nutrition and physical fitness” and motivate them to make important changes in their lives.

#12 “Wow, Look at What is She Wearing!” The Impact of Social Drama on the Lives of 7th Graders
Caroline O’Brien
Janet Rodero
RJ Grey Junior High School
The junior high school social scene is plagued by back-stabbing, rumors, and put-downs. Girls can be best friends one minute and not speaking the next. Boys exclude others who are not “cool enough.” We’ll talk about what goes on in hallways, cafeteria, and locker rooms. While we might not be able to change the social culture, we will be able to talk about ways to intervene and address these issues in order to develop safer, kinder friendships.

Workshops 13- 22 are for Adult/Child Pairs only

#13 “What are you trying to say?” Building Good Communication Between Parents and Children
Heather Latham, REACH
In this workshop, we will examine and practice the essentials of good communication and discuss the difficulties of talking about harassment and dating issues with your parents/children.

#14 The Teen Years – Then and Now
Sara M. Lane, Ed.M.
What is it like to be a teen in the year 2006? How has the experience of being a teen changed over the last several decades? The best way to find out is for those who are now teens and those who once were teens to share their experiences with each other. Come to this workshop for an opportunity to explore many of these changes through a structured teen-adult dialogue based on Ronald Gaetano and Jim Grout’s manual Please Talk With Me – A Guide to Teen-Adult Dialogue.

#15 Teaching Body Confidence
Jessica Cunningham, MS
Massachusetts Eating Disorder Association, Inc.
This workshop helps girls to better understand how body image is developed and discover new ways to build body confidence. Girls will gain a better understanding of what it means to be assertive and how assertiveness affects body confidence. They will better understand how societal expectations influence body image and gain the tools for self-acceptance. Participants will learn why it is important to identify and express feelings and how physical activity aids body confidence.
#16 Media, Supplements and Sports- How do they affect you?”
Jessica Cunningham, MS
MEDA
This workshop is geared towards adolescent boys and addresses the growing concern of negative body image and eating disorders in males. The effects of media and sports are discussed, as well as supplements and nutrition. This presentation is for Boys and Parents

#17 You Can Manage Your Anger
Alison Malkin, LICSW
Newton North High School
Everybody gets angry but how we respond to it is learned behavior. We will discuss strategies in managing anger including how to recognize signs of anger and develop tools to enhance relationships and develop win-win solutions.

#18 Opening Doors: Facilitating family conversations about alcohol and other drugs
Jose Rivera, Substance Abuse Specialist
This workshop will include an interactive conversation with 7th graders and their parents to enhance their ability to dialogue about alcohol and other drugs.

#19 Healthy Meal Makeovers for Busy Families
Liz Weiss, MS, RD
Janice Newell Bissex, MS, RD
This presentation is more than a workshop … it’s a cooking party. Liz Weiss and Janice Newell Bissex, authors of The Moms’ Guide to Meal Makeovers and founders of the “Meal Makeover Moms’ Club” at www.MealMakeoverMoms.com, are busy parents like you so they understand the challenges of feeding families well and getting meals on the table -- or into the hands of teens -- quickly. The dietitian duo will prepare a family-friendly recipe (bring your appetites), share healthy and easy-to-prepare mealtime and snack ideas, and discuss how fast food, processed convenience foods, and super-sized portions are sabotaging the American diet. They will also outline new ways to stock a healthy pantry, ideas for adding teen appeal to fruits, veggies and dairy, and offer tips for marketing good nutrition to the whole family.

#20 Personal Safety and Self Defense Impact Model Mugging
This is an interactive workshop for mothers and daughters to address issues of using your voice, building self-confidence, and becoming assertive. (Please note: This workshop is for Female Adults and their Own Daughters)

#21 Strengthening Families
Tina Grosowsky
Board of Health, Westford
This workshop will present positive strategies to strengthen family communication skills. Students will learn skills to handle frustration, resist peer pressure and to appreciate parents. Parents will discuss making rules and consequences, how to solve problems with youth and ways to show love and support.

#22 People Reading: A Positive Edge
Clare Harlow, MSW
Career and Life Coach
Do you ever wonder why people act the way they do or why it's so easy to communicate with some people and so difficult with others? In this workshop, we'll look at one of the most important elements of communication: people! Using the DiSC Personal Profile, participants will learn how to identify and work with the four behavioral styles that are present in all of us. Tools for recognizing different behavioral styles, "people reading," will be given. Understanding these differences in styles will give you greater appreciation for others and allow you to build on strengths, yours and theirs. Learning ways to use these skills in daily communication with co-workers and family members will be explored.

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Workshops 23-31 are for adults only

#23 Promoting Positive Body Image in Children  
Jessica Cunningham, MS MEDA  
Participants will discuss the importance of body image and self-esteem in young children. Techniques that foster the development of a positive body image and curriculum strategies for the classroom will be discussed.

#24 The Big Talk: Creating the Mood  
Joanne Chadwick, R.N., R.M., MPH  
Sexual education is a life-long process. As parents we are often at the forefront of this process. How can we prepare ourselves to educate our children around these issues? How do we talk about sex and how much information should we provide? This workshop will examine how we can better communicate with our children about sexuality. We will discuss how to develop a relationship/environment where they feel confident and comfortable in asking questions and we feel confident/comfortable answering them!

#25 Sexuality: Promoting Good Health  
Joanne Chadwick, R.N., R.M., MPH  
This workshop will focus on developing strategies and providing information to help parents answer their children's questions around sexuality. We will discuss sexual decision-making, sexually transmitted diseases and the importance of making healthy sexual choices.

#26 Parenting a Child/Adolescent with Depression or Anxiety  
Massachusetts Chapter of the National Alliance for the Mentally Ill  
Topics covered will be effective parenting techniques, coping skills, effective school communication, resources and a sharing of concerns and questions with other parents dealing with these issues in their families.

#27 Is my child moody or depressed?  
Nancy Cohen, School Psychologist ABRHS  
Changing hormones, changing bodies, changing friends...all of these create havoc on a young person and this can impact their feelings, emotions and behaviors. How do we know, as parents, when to seek help for these mood and behavior changes? How do we know what is clinical depression, and what is a normal part of adolescence? This workshop which will be a blend of didactic presentation and conversation will help us sort out when it is time to seek the help of a professional and what we can do at home to support our children.

#28 Staying Connected with Your Moody and Withdrawing (But Still Wonderful) Seventh Grader  
Deborah Weinstock-Savoy, Ph.D.  
Research indicates that adolescents do best when they maintain a strong connection to their families. But how do we stay connected with our children when they act allergic to us—when they are moody or defiant—when they are not even likable some of the time? This workshop will explore the meanings behind adolescent mood swings and attitude shifts. We will generate strategies for keeping lines of communication open, and maintaining the connections that our children need to succeed. We will also review when moodiness may be a red flag for depression or other problems.

#29 Stay Tuned to the 11 O’Clock News  
John Lyons Westford School District  
Have you heard about the “chocking game?” Do you know that teens sell their Ritalin to others or use other teen’s prescription drugs? Do you worry about “overscheduled kids?” These and other topics are frequent headline stories on the nightly news and in the newspaper. Learn more about these issues and how to handle them in this workshop.

#30 Friends with Benefits  
Alison Malkin, LICSW Newton North High School  
This workshop will be an interactive discussion on teen dating including setting limits, communication. Adolescent development and aspects of teen dating violence will be addressed. Aspects of sex and sexuality and how it impacts teen culture will also be discussed.
#31 Siblings of Special Needs, or Challenging, Children
Rick Cowen, Ph.D., School Psychologist
RJ Grey JHS
Having a special needs or challenging child can be a mixed blessing and can impact on the entire family. This workshop seeks to increase parental understanding and awareness of the needs of siblings of special needs or challenging children. Strategies will be provided for parents to help them better meet the needs of siblings without disabilities.

Workshops 32- 36 are for Students Only

#32 Sticky Situations
Chris Clinton
ABRHS
In this workshop, students will discuss the moral and ethical dilemmas they face in their lives. We will look at strategies for decision making so students can maintain their integrity, be a good friend, and feel proud of their choices.

#33 Mentors in Violence Prevention
ABRHS Students
Do you know what to do if you see someone being harassed in the halls? Is it OK for girlfriends and boyfriends to insult one another? We’ll help you answer these questions and more as we discuss violence and other types of abuse. You will see skits, posters, and participate in activities prepared by ABRHS students and learn how, as bystanders, you can respond.

#34 Total Response for Life
Susan Bohmiller, ABRHS
ABRHS SADD Members
In this interactive workshop, ABRHS students will present a variety of issues and facilitate discussion to stimulate students' problem solving and creative thinking in response to typical adolescent problems involving destructive decisions. This workshop is designed to assist them to prioritize their options on the basis of safety.

#35 How to Create a Stress Toolbox
Kate Aleardi, School Psychologist
Elizabeth Meade, Intern
Lauren Midon, Intern
ABRHS
Stress is something we all experience at some point in our lives. Students today are bombarded with a variety of stressors on a daily basis and they are not immune from its overwhelming effects. In this interactive workshop students will learn and practice strategies to manage stress. Activities may include the use of music, deep breathing techniques, guided imagery and relaxation exercises. Students will leave with a number of tools to choose from so they can create their own stress toolbox and defend against stress in their lives.

#36 Real Men Eat Chili
Sara Clinton
Counselor, ABRHS
In this workshop, we will explore societal expectations of boys and the pressures they face. We will discuss what it feels like to be a young man in today's world and how we as adults can support them. We will give boys tools to navigate through adolescence allowing them to be confident young men staying true to themselves.
DON’T MISS THIS EXCITING EVENT!

CLOSING KEYNOTE PERFORMANCE:

CHRIS POULOS, World Champion Bicycle Stunt Rider

Chris Poulos is a leader in the Extreme Sports and Entertainment industry. He is a World Bicycle Stunt Champion, and an athlete who practices what he preaches when he tells kids, “Anything is possible with hard work and a healthy lifestyle.” Using high energy music and commentary, audience participation, and extreme stunts, Chris conveys his message of anti-violence, positive thinking, education, teamwork, and success.