**PARENTING WORKSHOPS**

Support, Guidance, Resources and Tools for Today’s Parent

There’s never been a more challenging, complicated, and ever-changing time to be a parent. Families today are struggling to manage a wide range of roles, responsibilities, activities, expectations, and competing demands. Everyone could use an extra dose of support, guidance, and tools to navigate the most important and most difficult job: parenting. Workshops include both lecture and discussion, often with interactive activities as well. Additional topics and areas of focus can be customized to address the needs of the group.

For more information please call:

(631) 470-1994 or email: longislandparentworkshops@gmail.com

**Workshops on a wide range of topics including:**

* Understanding the World of Today’s Children and Teens
* Communication Skills for Families
* Talking about Sensitive Issues
* Stress Management for Parents
* Stress Management Tools to Share with Children and Teens
* Building Resiliency in Children and Teens
* Bullying, Cyber Bullying, and Sexting
* Drug and Alcohol Prevention/Intervention
* Coping with Crisis, Loss, and Change

**ABOUT THE FACILITATORS . . .**

***Marianne Esolen, L.M.S.W.*** *is a licensed social worker who has worked with children and families for over twenty years. She has served as a Camp Director, Crisis Counselor, Youth Program Director, Education Specialist, and Training Consultant working with many agencies including FEGS, CASA, American Cancer Society, and New York State Education Department. Marianne has served as a speaker at local, regional, and national conferences and specializes in areas of prevention, stress management, resiliency, grief, and managing life transitions. Dedicated always to learning and teaching best practices, she believes in fostering resiliency in people and programs. Marianne maintains a private counseling and consultation practice in Huntington, New York.*

***Paul Rubin, M.S.*** *has a masters degree in school counseling and has over twenty years experience working with children, teens, and families. He is an award winning educator and a trainer for volunteers and parents. Paul has served as a presenter for Child Abuse Prevention Services -- reaching over 2000 students on topics including bully prevention, cyber bullying internet safety, sexual harassment, and sexting. He also served as group facilitator for a number of children’s grief camps and the nationally renowned, Challenge Day program. Paul was a counselor for American Cancer Society’s Camp Adventure, and a tutor with Tri-Community Youth Agency. Dedicated today’s youth, Paul is passionate about making a difference in the lives of children and their families.*