



Bexley City Schools seeks to engage, equip and empower parents and community through the Bexley Parent Institute. Our Parent Institute is designed to connect families with school personnel, authors, and experts in a variety of fields in order to develop understanding around topics relevant to the growth, development, and education of children.

The next Parent Institute will be offered on **Saturday, March 7 from 1:00 to 4:00 p.m. at the Cassingham Complex**. Sessions will be 50 minutes in length and cover a variety of topics.

### Bexley City Schools Parent Institute Course Catalog

Session 1 - 1:00-1:50	Session 2 - 2:00-2:50	Session 3 - 3:00-3:50
Social - Emotional	Social - Emotional	Social - Emotional
<b>Session: Anxious Kids and How to Help</b> <b>Presenter:</b> Alex Beekman, MEd, LPC <b>Description:</b> Learn how anxiety affects our brains, our ability to process new information and parent/child relationships. Discover ways to promote problem-solving and productive communication. <b>Room: HS 4184</b>	<b>Session: Behavior Change in the Home</b> <b>Presenter:</b> Alex Beekman, MEd, LPC <b>Description:</b> Examine the basics of behavior modification, how to bridge behavior management philosophies, and discover new tools to support behaviors in the home. <b>Room: HS 4184</b>	<b>Session: Self-Care for Parents</b> <b>Presenter:</b> Alex Beekman, MEd, LPC <b>Description:</b> Take a deeper look at self-care beyond exercise and naps. Dive into flow theory, creativity and intention as they apply to the care of our body, mind and spirit. <b>Room: HS 4184</b>
<b>Session: Inoculation of Failure: Introducing challenge to your child today in order to strengthen their future.</b> <b>Presenter:</b> BHS College Counselor Stephanie Krosnosky and BHS Principal Kristin Robbins <b>Description:</b> We live in an interconnected world, often sharing our experiences on social media platforms heightening the pressure for perceptual perfection. And even though we know that perfection is impossible, the pursuit of a stress-free, mistake-free, challenge-free existence creates an irrational standard for parents and students to achieve and maintain. Participants will discuss the value of failure and struggle in order	<b>Session: The Empathy Advantage</b> <b>Presenter:</b> Sarah Busold and Tara Louys, BMS Counselors <b>Description:</b> Join us for a session based on the work of Dr. Michelle Borba, and her book titled <i>Unselfie- Why Empathetic Kids Succeed in our All-About Me World</i> . We will discuss key ideas of the book and you will leave with strategies to help kids recognize feelings and practice kindness. <b>Room: HS 4186</b>	<b>Session: The Empathy Advantage</b> <b>Presenter:</b> Sarah Busold and Tara Louys, BMS Counselors <b>Description:</b> Join us for a session based on the work of Dr. Michelle Borba, and her book titled <i>Unselfie- Why Empathetic Kids Succeed in our All-About Me World</i> . We will discuss key ideas of the book and you will leave with strategies to help kids recognize feelings and practice kindness. <b>Room: HS 4186</b>

to equip students with resiliency and empower a framework for growth and self-confidence. <b>Room: HS 4186</b>		
<b>Social - Emotional</b>	<b>Inclusion - Equity</b>	
<b>Session:</b> Kids and Pressure <b>Presenter:</b> Libby Steele and Matt Dunatchik <b>Description:</b> Join Matt Dunatchik and Libby Steele for an interactive discussion about kids and pressure. We'll talk openly about the pressure children and adolescents are facing both in academic and social arenas. We'll highlight how to spot warning signs that it's becoming "too much", and how to encourage your children to share their struggle with you. You will walk away with tools to help them navigate the pressure they feel and set appropriate boundaries for a healthy life balance. Libby Steele, LPCC and Matt Dunatchik, LPCC are child and family therapists with a passion for helping parents navigate life's challenges and building deeper connections with their children. When they aren't out in the community teaching, they are with their team at Gestalt Columbus, a group psychotherapy practice in Gahanna, Ohio. <b>Room: HS 4185</b>	<b>Session: Implicit Bias Module Series - Kirwan Institute</b> <b>Presenter:</b> Leisan Smith, BCS Director of Student and Community Engagement <b>Description:</b> Explore how the mind operates and discover the origins of implicit associations through a series of self-paced online modules. Uncover some of your own biases and learn strategies for addressing them. Each module is divided into a short series of lessons, many taking less than 10 minutes to complete. <b>Room: HS Library</b>	
<b>Technology</b>	<b>Technology</b>	<b>Technology</b>
<b>Session: Helping Your Child Use Google Docs and Drive</b> <b>Presenter:</b> Brad Pettit, BCS Director of Technology <b>Description:</b> Parents explore how to help their child navigate Google. <b>Room: HS Library Math Resource Room</b>	<b>Session: Helping Your Child Use Google Docs and Drive</b> <b>Presenter:</b> Brad Pettit, BCS Director of Technology <b>Description:</b> Parents explore how to help their child navigate Google. <b>Room: HS Library Math Resource Room</b>	<b>Session: Helping Your Child Use Google Docs and Drive</b> <b>Presenter:</b> Brad Pettit, BCS Director of Technology <b>Description:</b> Parents explore how to help their child navigate Google. <b>Room: HS Library Math Resource Room</b>

