

Parenting with Purpose

A speaker series with practical tips to empower and inspire
View more about the series at www.minnetonkaschools.org/parentingwithpurpose

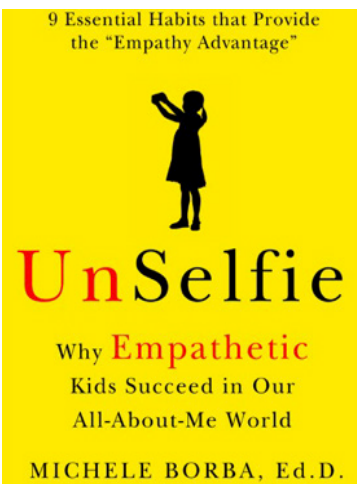


Why Do They Act That Way? A Survival Guide to the Adolescent Brain

Presenter: Erin Walsh, M.A.

October 9, 6:30 p.m. – 8:30 p.m., MHS Arts Center

Erin Walsh will present a parental survival kit, full of practical advice for dealing with the issues parents of tween, middle and high school students face.



Raising Unselfies: Why Empathy Is Key to Children's Success, Happiness, and Resilience

Presenter: Dr. Michele Borba, author of *UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me-World*

November 14, 6:30 p.m. – 8:30 p.m.

MHS Arts Center

Community
Book Read

Easy ways to help your child learn simple habits that cultivate empathy and instill kindness, courage and confidence. This builds resilience and sets them up for happiness and success.



The Present Parent: Using Mindfulness Science to Manage Stress and to Parent Effectively

Presenter: Dr. Erin Erickson

February 26 - 6:30 p.m. – 8:30 p.m., MHS Arts Center

Tips and strategies to help you apply the science of mindfulness to everyday parenting to reduce your stress and be effective.

Thank you Minnetonka Public Schools PTOs and PTAs and our generous community partners!



To learn more and volunteer on the Parenting with Purpose committee, visit
www.minnetonkaschools.org/parentingwithpurpose