

Did you know that you can sync the Parent Events calendar to your own personal online calendar so you never miss another event? Please subscribe using your <u>gmail</u> or <u>iOS</u> calendar application.

The PTO is working to bring some great parent education events to Neil Cummins' community this school year. Many Bay Area companies and non profits also offer wonderful resources. This page will highlight upcoming education events. Information is added as new opportunities arise.

Please note that some of these events and resources are not sponsored by the Larkspur Corte Madera School District. Information, events, and resources provided by community organizations are offered as a service to our community. Placement does not represent an endorsement.

To see past events hosted and recordings

Click Here

## **Aug 2025**

Tues, Aug 26
5:30-6:30pm
Virtual

→ REGISTER HERE
Zoom Link

### Back to School for the Whole Family: Build Your Reading Toolbelt|Regreso a la Escuela para Toda la Familia: Creando Herramientas para Lectura

Hosted in partnership with the <code>Oakland Literacy Coalition (OLC)</code>, this interactive, hands-on workshop will equip you with actionable tools, tips and resources to support your child's reading success this school <code>year</code>. Whether your child is just learning to read or building stronger skills, this session will help you create a personalized "reading toolbelt" to meet them where they are. Bring your questions and join us to start the school year off strong, supported, and informed. Simultaneous Spanish interpretation will be provided.

Presentado en colaboración con la <u>Oakland Literacy Coalition (OLC)</u>, este taller interactivo y práctico lo equipará con herramientas, consejos y recursos útiles para apoyar el éxito en lectura de su estudiante este año escolar. Ya sea que su estudiante apenas está aprendiendo a leer o está desarrollando habilidades más sólidas, ésta sesión le ayudará a crear una serie de "herramientas de lectura" personalizadas para ayudarlos donde necesitan.

Traiga sus preguntas y acompáñenos para empezar el año escolar sólidos, apoyados, e informados. Habrá interpretación simultánea al Español disponible.

## **Sept 2025**

Fri, Sept 5

12:00-1:00pm

Virtual

**REGISTER HERE** 

#### Parent Forum - How to Be Your Child's Favorite Conversation Partner

As the new school year gets underway, how can you better communicate with your child or teen? Whether it's spending more time together or sharing the events of the day, we all want to have meaningful -- and enjoyable! -- conversations with our kids.

<u>Eran Magen, PhD</u>, parent-child communication expert, offers a timely Parent Forum on "How to Be Your Child's Favorite Conversation Partner." Join other parents and caregivers experiencing the same challenges, in an open, honest virtual discussion.

<u>Dr. Eran Magen</u> is a population health psychologist and the founder of <u>Parenting for Humans</u>, an organization that supports a relationship-first, judgment-free approach to parenting.

Wed, Sept 17

6:00-7:30pm

Virtual

REGISTER HERE

#### Recognize and Respond: A Parent's Guide to Youth Suicide Prevention

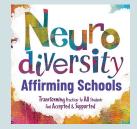
Join the Marin County Office of Education for a parent and caregiver training on suicide prevention using the Signs of Suicide (SOS) program, a nationally recognized, evidence-based curriculum.

Attendees will learn:

- How to recognize warning signs of depression and suicide in youth
- How to respond with confidence and care About the ACT (Acknowledge, Care, Tell) approach
- How to talk with your child about mental health
- Information on local support resources and steps you can take to create a safe and supportive home environment

Thurs, Sept 18
5:30-6:30pm
Virtual
REGISTER HERE





# **Building Bridges: Neurodiversity-Affirming Practices** for Parents & Schools By The Parent Venture

The <u>Neurodiversity Education Series</u> features a lineup of renowned experts, including educators, mental health professionals, and advocates specializing in neurodiversity. It provides families with valuable insights

and tools to better support neurodivergent learners, including those with autism, ADHD, dyslexia, dyscalculia, dysgraphia, and more.

How can we lead with curiosity in our advocacy efforts—building more productive relationships with educators and creating positive change for our children?

In this <u>Neurodiversity Education Series</u> event, <u>Emily Kircher-Morris</u>, <u>LPC</u>, and <u>Amanda Morin</u>, co-authors of <u>Neurodiversity-Affirming Schools</u>, will provide parents with essential knowledge about neurodiversity and neurodiversity-affirming practices.

Emily and Amanda will explore neurodiversity basics, what it means to adopt a neurodiversity-affirming approach at home, and how using consistent language between home and school can help create stronger, more supportive systems for kids.

<u>Emily Kircher-Morris, LPC</u>, is a mental health professional, noted author, neurodiversity advocate, and host of *The Neurodiversity Podcast*, which explores the psychological, educational, and social needs of neurodivergent people.

<u>Amanda Morin</u> is a neurodivergent neurodiversity activist, award-winning author, early childhood and behavioral specialist, and nationally recognized speaker. She serves as the Director of Academic Services at Compass High School in Belmont, CA.

Weds, 9/24 6:00-7:30 pm Virtual → REGISTER HERE

# Vigilant Parent Training: Social Media How-To's, Vault Apps, and Online Exploitation Prevention

Join the Marin County Office of Education and the Marin County District Attorney's Office for a FREE parent and caregiver workshop. Attendees will learn about:

- -Trends in youth social media use and online exploitation
- -How to navigate and alter security settings for popular social media apps
- -Vault apps and how to identify them
- -Online exploitation prevention and protection strategies

The workshop will be hosted by District Attorney Investigator Andre Longtin-Horton, a dedicated law enforcement professional with a decade of experience serving the Marin community.

Thurs, 9/25 5:30-6:30 pm Virtual REGISTRATION INFO



#### Hello, Cruel World! Science-Based Strategies for Raising Terrific Kids

In her new book, *Hello, Cruel World!* award-winning journalist <u>Melinda Wenner Moyer</u> provides practical, science-backed tools to help our kids handle the challenging world they will inherit

Melinda Wenner Moyer is an award-winning contributing editor at Scientific American, a regular contributor to The New York Times, and a former faculty member at NYU's Arthur L. Carter Journalism Institute. Her first book is How to Raise Kids Who Aren't Assholes.

#### October 2025

Weds, 10/8 7:00-8:30pm Virtual



#### Let's Talk - Underage Substance Use in Marin

Join us for a discussion focused on current alcohol and drug use trends among Marin County youth. We will review local data, discuss the broader context of substance use in the community, and explore how Marin's culture may impact youth behavior. The presentation will also include a youth speaker who will share their personal perspective on local data and trends among their peers. This session is intended to help families better understand and support the health and well-being of young people in Marin.

#### Featuring Guest Speakers

LISA M. SANTORA, MD, MPH, is the Public Health Officer for Marin County, providing clinical oversight for Public Health Emergency Preparedness (PHEP), Communicable Disease Prevention and Control (CDPC), and Detention Health. Prior to this role, she was the Chief Medical Officer for the Beach Cities Health District (BCHD). Dr. Santora has worked in federally-qualified health centers across the country. She is a graduate of Rutgers-New Jersey Medical School and completed residencies in preventive medicine and family medicine in Buffalo and Miami.

SAM ADKINS, Tamalpais High School junior, MHYP Summer Intern and current MHYP Youth Ambassador.

10/14

6:30pm

In Person at San Domenico School



FREE EVENT OPEN TO PUBLIC - ADVANCE REGISTRATION REQUIRED

#### **How Artificial Intelligence is Reshaping Learning**

Join us for a moderated panel discussion including AI experts and SD parents Kerrie Holley and Shane Orlick, as we explore how artificial intelligence is reshaping teaching and learning, and what it means to educate thoughtful, adaptable humans in a rapidly evolving digital age.

Kerrie Holley, P'25, '31 is a computer scientist, technology executive, and author of multiple books on artificial intelligence. He is a retired Google senior executive and IBM Fellow, a 2024 inductee into the National Academy of Engineering—one of the highest professional honors in the field—and a 2025 inductee into the National Inventors Hall of Fame.

Shane Orlick, P'25, '29, '30 served as president of Jasper AI, providing enterprise grade, generative AI for businesses. Jasper AI quietly built one of the top AI-based writing assistants atop Open AI's GPT-3 large language model (LLM) in 2023.

10/15 7:00-8:30pm Virtual





# THE ELEMENTARY YEARS: LAYING STRONG FOUNDATIONS: PARENTING FOR PREVENTION

Join us for an engaging discussion designed to explore key parenting topics like different parenting styles, effective communication, and building strong connections. Learn how to create a solid foundation that nurtures your child's growth and supports a healthy, trusting relationship as they journey into their teenage years and beyond during this special evening with guest speaker Annie Egan.

ANNIE EGAN, MA has worked with teens in school and home settings for over 20 years. Drawing on her deep knowledge of adolescent development and a lens of compassion, she focuses on creating effective systems, enhancing communication, and strengthening relationships. She recognizes the powerful impact of surroundings on mental health. Annie earned her BA from Duke University and her MA in Counseling Psychology from the University of San Francisco.

Weds, 10/15

7:00-8:45pm Edna Maguire Library



#### PAUSE for Self-Regulation (Mill Valley PTA Speaker Series)

Dan Leibowitz and Yulia Rafailova created PAUSE People, a live, small-group coaching program that helps parents "hit pause" on reactivity and unhelpful family patterns, turning everyday moments into opportunities to boost your family's self-regulation skills and quality of life.

Thurs, 10/16 5:30-6:30pm

**Virtual** 



# The 5 Principles of Parenting: An Essential Guide to Raising Good Humans

In the age of high-pressure parenting, when so many of us feel like we've got to get everything exactly right, <u>Dr. Aliza Pressman</u> is the compassionate, reassuring expert we all need—and the one whose advice we can all use.

<u>The 5 Principles of Parenting</u> doesn't presume to tell you how to parent with "my way is right" advice because the science is clear: There's no one "right" way to raise good humans.

No matter how you were raised, how your co-parent behaves, or how your kids have been parented up until now, *The 5 Principles of Parenting* offers "accessible advice, reflective tools, and everyday parenting strategies" (Daniel Siegel, MD) to chart a manageable course for raising good humans that's aligned with your own values and with your own children's unique temperaments.

<u>Aliza Pressman, PhD</u>, is a developmental psychologist and the *New York Times* bestselling author of <u>The 5</u> <u>Principles of Parenting</u>. She is the co-founding director of <u>The Mount Sinai Parenting Center</u> and host of the award-winning podcast *Raising Good Humans*.

Parents/caregivers, students, educators, and community members welcome! Simultaneous Spanish interpretation will be available. Free admission.

Weds, 10/29 5:30-6:30 pm Virtual REGISTRATION INFO

# Helping Kids (and Parents) Break Free of People Pleasing and Perfectionism

In her new book, <u>Are You Mad at Me?</u>, Meg Josephson challenges the idea that people-pleasing is a personality trait, exposing it to be an instinct learned in childhood to become more appealing to a perceived threat in order to feel safe.

Psychotherapist <u>Meg Josephson</u> is here to show you that people-pleasing is not a personality trait. It's a common survival mechanism known as "fawning": an instinct often learned in childhood to become more appealing to a perceived threat in order to feel safe.

Weaving her own moving story with case studies and thought-provoking exercises, Meg will discuss how to identify perfectionism, rethink conflict, and build stronger family connections.

Meg Josephson, LCSW, is a licensed psychotherapist, content creator, and the *New York Times* bestselling author of *Are You Mad at Me.* She holds a Master's of Social Work from Columbia University and currently practices in California.

Weds, 10/29 6:30-7:45 pm Virtual ■ REGISTRATION INFO

### **Delaying Social Media. Together.**

Today's social media landscape is shaping how kids see themselves and the world—often before they're ready. This talk dives into current research on how platforms like TikTok, Snapchat, Instagram, YouTube, and Discord are impacting youth mental health, self-esteem, and safety.

Attendees will learn:

- Why many experts recommend delaying social media until at least age 16
- What key developmental needs to protect in the tween years How to navigate conversations, boundaries, and check-ins with your child
- Practical steps parents can take to delay social media use
- How communities can work together to ease the pressure and support healthier norms

#### November 2025

Tues, 11/4
6:00pm
The Lark Theater, Larkspur

FREE! REGISTER HERE

#### **COUNTED OUT Film Screening and Panel Discussion**

Join a panel of LCMSD educators for a screening and panel discussion of the documentary film, Counted Out

Counted Out investigates the biggest crises of our time through an unexpected lens: math.

In our current information economy, math is everywhere. The people we date, the news we see, the influence of our votes, the candidates who win elections, the education we have access to, the jobs we get—all of it is underwritten by an invisible layer of math that few of us understand, or even notice.

But whether we know it or not, our numeric literacy—whether we can speak the language of math—is a critical determinant of social and economic power.

Through a mosaic of personal stories, expert interviews, and scenes of math transformation in action, Counted Out shows what's at risk if we keep the status quo. Do we want an America in which most of us don't consider ourselves "math people"? Where math proficiency goes down as students grow up? Or do we want a country where everyone can understand the math that undergirds our society—and can help shape it?

Weds, 11/5 6:30-7:45 pm Virtual ■ REGISTRATION INFO

#### Reeling in Social Media Use. What Parents Need to Know

Explore the latest research on how social media is impacting today's youth, including effects on mental health, self-esteem, and development. We'll take a closer look at popular platforms like Snapchat, TikTok, YouTube, Instagram, and Discord, and go over what to know if your child is already using them.

Attendees will learn:

- Key risks to watch for
- How to have ongoing, meaningful conversations and check-ins
- Practical strategies to reel in social media use, set healthier boundaries, and reduce potential harm
- How parents can work together to ease peer pressure and create supportive norms around healthy tech use

Weds, 11/6
6:30pm
In Person at San Domenico School

→ FREE EVENT OPEN TO PUBLIC - ADVANCE REGISTRATION REQUIRED

### Helping Our Kids Thrive in Sports—and in Life November 6, 2025 | 6:30 PM

How can we guide our children to pursue excellence in sports—while avoiding the traps of overtraining, anxiety, and pressure? San Domenico parent and world-class coach Matt Dixon joins acclaimed performance expert and author Steve Magness to explore a better path forward.

Steve Magness is a globally recognized expert on performance and well-being, and author of four books, including the bestselling, Do Hard Things. His work has been featured in The Atlantic, Forbes, Sports Illustrated, and Outside. A former NCAA collegiate coach and elite running coach, Steve blends science and real-world experience to help athletes and leaders develop true toughness—without sacrificing mental or physical health.

Matt Dixon, P '31 is one of the most successful triathlon coaches in history, having guided multiple athletes to world championships. He is the founder of Purple Patch Fitness and Win Cycle, where he coaches elite athletes, corporate executives, and high-performing teams. A former professional triathlete, exercise physiologist, author, and NCAA collegiate coach, Matt is known for transforming the traditional high-performance model by emphasizing recovery, purpose, and long-term development.