Dear Parents and Friends of CHC,

Welcome to the 2015-2016 season of Parent Education!

We’re looking forward to a great year and we look forward to seeing old friends and meeting new ones.

For those of you who came last year, thank you so much for your participation and feedback during last year’s classes. Your suggestions enable us to provide classes we know you’ll love. We’re thrilled that about 2,000 of you joined us for parent education and over 90% reported you learned something new and helpful in your journey with your kids and teens and would recommend one of our classes to a friend.

There will be new information this year about ADHD, Learning Differences, Anxiety & Depression and Autism. Last season we added the Positive Parenting sessions and those classes were very well received. This year we are adding two new sessions to that category: 1) the stresses boys face as they grow up, and 2) how to help our stressed and anxious teens.

If you haven’t attended before, understand that classes are free and taught by our helpful, friendly experts from CHC. We’ll make sure your time here is practical, hands-on and fun. Please remember, you can find the presentation notes from the classes in our online library at www.chconline.org/library if you need them for reference later on.

“I thoroughly enjoyed both speakers this evening. They were articulate, bright, engaging, sensitive and shared amazing experience and knowledge of literature.”

“I don’t feel so alone. There are many others who are dealing with difficult behaviors with their children.”

“They are articulate, bright, engaging, sensitive and shared amazing experience and knowledge of literature.”

“Very helpful and interesting. Made me think differently about my son’s behavior that sometimes looks like ADHD, sometimes looks like anxiety.”

Whether new or returning, we look forward to seeing you at classes this year.

My best,

Rosalie Whitlock, PhD
Executive Director
Children’s Health Council

Children’s Health Council

Children’s Health Council is a nonprofit organization that believes in a world where every child can reach their promise and potential. Our mission is to remove barriers to learning, helping children become resilient, happy and successful at home, at school and in life. Our approach promotes Social Emotional Learning, Academics, Executive Functioning and Physical Development.

We serve families in Silicon Valley as well as the greater San Francisco Bay Area through our Center, two schools and Community Clinic.

The Center
Free parent consultations, expert multidisciplinary evaluations, personalized therapy and innovative programs at CHC or your child’s school increase every child’s ability to learn and achieve the balance necessary to enhance life experience and improve school performance.

Ages 2-17.

Aron Khasho, PsyD, Director

Sand Hill School
Optikia and language-based learning differences.
The Learning EDGE for students with average to above average intelligence with diagnosed language-based learning differences such as dyslexia and the attention and social challenges that often accompany them. Grades K-7, expanding to K-8.

Cindy Lopez, Head of School
Aron Khasho, PsyD, Director of Clinical Services

Esther B. Clark School
Therapeutic day school.
Therapeutic day school provides transformative education where children with severe emotional and behavioral issues re-engage in learning and develop the positive behaviors necessary to transition back to a district school. Grades 2-10.

Chris Harris, Head of School

Community Clinic
Serving the underserved.
Nurturing specialists assess children and deliver behavioral/health services to underserved families. Our culturally-sensitive and diverse staff is committed to working with families in Spanish and English in various Bay Area locations. Ages 0-18.

Joan Baran, PhD, Director

Parent & Professional Education
Classes, meetings and resources.
Unique classes offered onsite from September through May and presented by Children’s Health Council’s experts in behavioral health, education and child development. Classes provide insights and answers on child behavior issues, executive functioning, teen stress, signs and tips for ADHD, LD, Anxiety & Depression and Autism and supporting success for all children.

To sign up for classes, visit chconline.eventbrite.com.

Micaelia Randolph, EdD, Director

Children’s Health Council

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Join us as our experts answer your questions and provide positive parenting strategies for success at home, at school and in life.
20 classes. They’re all free! Classes are Wednesday evenings 6:30-8 p.m.

chconline.eventbrite.com

Leading the Way at Children’s Health Council

We offer free parent consultations. Call to schedule at 650.688.3625.
Let’s talk!

Positive Parenting

ADHD

ADHD can be confusing.

Looking into ADHD

Because ADHD appears in different ways, it can be confusing. Whether you’re wondering about your youngster or you already have an ADHD diagnosis, Dr. Glen R. Elliott and his expert group will bring clarity and understanding to the topic. The series describes how to identify and cope with ADHD and includes detailed information about the complexities of medication.

All ages.

Wednesdays 6:30-8 p.m.

Sept. 16: Signs of ADHD and How to Care at Home

Sept. 23: To Medicate or Not

Sept. 30: Non-Medication Intervention Strategies

Surfing Out Evaluations and IEPs

Evaluations and IEPs are key to your child’s success. But what is all the numbers really mean? This series helps you understand psychological and educational testing and demystifies the IEP process. Director of Esther B. Clark School Chris Harris and Dr. Ramsey Khasho's Center team share their knowledge and expertise on this critical topic.

Ages 5-17.

Wednesdays 6:30-8 p.m.

Oct. 21: Psych Testing: What Do All the Numbers Mean?

Oct. 28: Demystifying the IEP Process

Kids learn differently.

Why is my child doing that?

A Closer Look at Dyslexia, LD and Reading

Do you have the feeling something just isn’t working for your child at school? Have you found that your youngster has trouble with language? Trouble forming letters? Reading difficulties? Join us for a closer look at learning differences and their effects on reading with our specialists at Sand Hill School and Head of School Cindy Lopez.

Grades K-4.

Wednesday 6:30-8 p.m.

Jan. 13: Does My Child Have a Reading Disorder?

Jan. 20: Signs of LD and Tips for Helping

Autism

Autism is on the rise.

An Expert Look at Autism Spectrum Disorder

We still don’t understand the causes of autism and finding it can be overwhelming. We know early intervention gives children a better chance at long-term success. Find out what to look for early intervention options and strategies for helping your child. Brought to you by Dr. Joan Baran and her group of specialists.

Ages 0-15.

Wednesdays 6:30-8 p.m.

April 12: Recognizing the Signs of Autism and What to Do Next

April 20: Supporting Success for an Autistic Child

Chris Harris, MD, Director of Esther B. Clark School, CHC

Chris is a 14+ years developing and implementing specialized programming for children with learning, social-emotional and attention challenges. He has directed these specialized schools for children with learning disabilities and emotional challenges.

Ramy Khasho, PsyD, Licensed Psychologist & Director of The Center, Center for Clinical Services, Sand Hill School, CHC

Ramy has over 15 years experience evaluating and working with children, teens and their families. Dr. Khasho specializes in pediatric anxiety and depression, family therapy and forensic assessments. He also teaches graduate courses in the School of Education, Counseling Psychology Department at USF.

Cindy Lopez, Head of Sand Hill School, CHC

Cindy has more than 20 years of experience in K-12 education, as a classroom teacher, a curriculum developer in educational publishing and as a Director of Curriculum Development and Professional Growth.

To Register

All classes are free! Pre-registration is required.

• Visit chconline.eventbrite.com
• Email parented@chconline.org
• Call us at 650.617.3815

To schedule a class to be held at your organization in English or Spanish

• Visit chconline.eventbrite.com
• Email help@chconline.org
• Call us at 650.688.9325 (650.688.3650 Español)

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Photography by Scott R. Kline, www.scottrklinephoto.com