Successfully Launching Your Child into Life After High School

**September 30, 2015**
7:00 P.M.  WVHS LMC

**Organization and Study Skills:**
Helping your Child succeed in their academic classes and beyond

Your child comes home with a poor quiz or test grade. He is frustrated because he studied. You want to help . . . but how? Come to learn some reading and study strategies as well as tips for taking tests, including standardized tests, that you can reinforce at home to help your child succeed.

*Presented by:*  
**Laural Chesla,**  
**Reading Specialist**

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**October 14, 2015**  7:00 P.M.  WVHS LMC

**Using Mindfulness to reduce anxiety and stress**

In today's fast paced world, people of all ages experience distress of some kind on a daily basis. Meeting the challenges of parenting in current times and feeling equipped to support our students who often struggle to balance the demands of academic, extra-curricular and social pressures can leave us feeling overwhelmed and uncertain about how we can help. Utilizing the practical skills of mindfulness on a daily basis reduces anxiety and emotional suffering. Come and learn practical tips to incorporate mindfulness in your daily living experience. It is a “non-judgmental” approach to maintain balance and peacefulness in your life.

*Presented by:*  
**Ellen Astrachan-Fletcher, Ph.D.**  
**Vice President of Clinical Operations**  
**Insight Behavioral Health Centers**

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**October 7, 2015**  7:00 P.M.  WVHS LMC

**Your Child as Decision-Maker**

Do you trust your child to make sound decisions after high school? Are you hoping your child will be independent one day? Would you like to learn the 5 things many good parents do that thwart their children’s independence and decision-making skills. Let’s talk!

*Presented by:*  
**Deb Kimminau,**  
**WVHS Educator**

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**October 28, 2015**  7 P.M. At the Naperville Municipal Center, 400 S. Eagle St.

**A Family’s Journey to Recovery**

Tyler Lybert struggled with drugs and alcohol for 11 years before completing treatment. The Lybert family talks about how Tyler’s struggle with addiction impacted each of them.

*Presented by:*  
**Partners for Prevention**  
(a consortium of School Districts 200, 203 and 204, NPD, Rosecrance and 360 Youth)**