

Or Ami Center for Jewish Parenting 2019-20 Learning Series

congregation
Or Ami
you're home



Sunday, October 20, 2019
9:30 - 11:00 am

We're All In This Together:

The Family as a System

Presenters: **Jeremy Manne**,
Founder
Pacific Teen Treatment
& **Oliver Drakeford**,
LMFT Clinical Director
Pacific Teen Treatment

Each member of the family — parent and child — influences how the family as a whole is working. Participants uncover and discuss new strategies for understanding how family dynamics contribute to teen well-being.



Tuesday, November 12, 2019
7:00 - 8:30 pm

How to Get Your Teen to Talk and Keep your Teen Talking

Presenter: **Michelle C. Fogli**
LMFT

Do you ever feel like your teen wants (or needs) to say something and does not know how to say it? Participants learn how to use empathy, validation, and gift of silence — simple communication tricks to start difficult conversations. Discover how to integrate love and laughter as you embrace the challenges of the modern teen.



Tuesday, December 3, 2019
7:00 - 8:30 pm

Raising a “Launchable” Child

Presenter: **Mark H. Shpall**

Many young adults have not been given the skills to launch themselves into independence and the professional world. Participants learn to create the family dynamics and approaches necessary for children to launch into their own personal journeys, cultivating grit and resilience within their children to face exciting and challenging experiences with strength and grace.



Tuesday, February 11, 2020
7:00 - 8:30 pm

5 Jewish Values that will Transform Your Parenting

Presenter: **Rabbi Paul Kipnes**

How can we make sure that our children stay connected to what really matters in life? Now is the time to deepen the conversations about spiritual balance and emotional wholeness, because later, as our children (and grandchildren) grow, they often try to push us away at the very moment that they most need our guidance. Participants discover how to share our wisdom in ways that our children will hear.



Wednesday, March 18, 2020
6:00 - 7:30 pm

Body Image, Body Shame, and Eating Disorders:

How we can change the way we think about and treat our bodies

Presenter: **Dr. Gia Marson**,
Psychologist

For children today, navigating negative social messages about their bodies remains one of their greatest challenges for living an emotionally balanced life. Dr. Gia Marson will discuss the challenges of developing a positive body image, a positive relationship with food, and the steps to take to take if that process turns troublesome.

Register at orami.org/rsvp

Childcare is provided,
just let us know when you RSVP!

This parenting series is a joint project of Congregation Or Ami and the Caring Community Foundation (caringcf.org). The project is Paying it Forward in loving memory of Joan and Richard Katz, with additional support from The Michael Oschin Endowment for the Education and Prevention of Substance Abuse.