

Round Table Discussions

Many hands are needed to grow a productive family!

On the Registration form, please choose by number a Round Table Discussion that you will be joining from 11:50-12:30.

1. Social Media; Making Good Decisions, Our Children and the Affects

Facilitator: Karen Hacker, MD MPH is the Executive Director for the Institute for Community Health and the Senior Medical Director for Public and Community Health at the Cambridge Health Alliance. She is an adolescent medicine specialist and Associate Professor at Harvard Medical School with extensive experience in adolescent behaviors.

2. Living Literacy

Facilitator: Deborah Abraham is Director of the Everett Public Libraries. She is a graduate of Colby College, Simmons Graduate School of Library and Information Science and Olin Graduate School of Business at Babson College.

3. Parenting: A Balancing Act

Facilitator: Marie Cassidy, Director of the Medford Family Network. MS. Ed Wheelock College B.S Salem State University, Previously worked as a social worker for Department of Children and Families, Director of Head start, Teacher at Medford Public Schools, Office for Children in Eastern, Middlesex and Tri-City

4. The Modern Family in the 21st Century

Facilitator: Laurie Tobey-Freedman, LICSW Program Director, Eliot Early Intervention, which serves families of children with developmental delays or disabilities in Everett, Malden, Medford and some surrounding communities. Laurie is a clinical social worker who has been working with young children and families in a variety of mental health and educational settings for over 25 years.

5. Free Family Fun

Facilitator: Kathy Harlow has been the Program Manager of the North Suburban Family Network for eleven years. Prior to coming to Hallmark Health, Kathy was a provider of in home childcare for twenty years. Her education background and love of children have allowed her to make her passion her life's work.

6. Social and Emotional Children's Health

Facilitator: Dr. Weinstock-Savoy holds a Ph.D. in Clinical and Community Psychology from Boston University (1986), a B.A. from Harvard College in Psychology and Social Relations (1977), and is an adjunct instructor to the Freedman Center for Child and Family Development at MSPP. She is the mother of three grown children, a licensed psychologist who provides private consultation

7. Keeping Your Family Safe

Facilitator: Elaine Silva RN BSN- Nursing Supervisor for the Everett Health Department, former school nurse and volunteer for JCCHCE for thirteen years. Attended Emergency Preparedness training and planning for the City of Everett.

8. Deferred Action for Childhood Arrivals

Facilitator: Antonio Amaya Iraheta, Founder and Executive Director, La Comunidad Inc. Accounting and Business Administration Degree (El Salvador) CIRCLE Program, U-Mass Boston

9. The Working Family and Its Challenges

Facilitator: Eileen Dern- RN, CES is the Director of Community Services for Hallmark Health System. She has more than 35 years of experience working in the private and public sector. She manages seven community focused programs that serve the diverse residents of Everett and the surrounding communities.

10. How to have a Conversation about Sex

Facilitator: Kara Pesola, Coordinator of the Teen Outreach Program & Community Health Educator at the Everett Teen Health Center.

Presenter: Danielle Riley, Community Health Educator & EYC Teacher for the Everett High School

11. Navigating the System, Understanding Your MassHealth-Keep your family healthy!

Facilitator: The JCCHCE Staff and Volunteer Health Advisors will present this information session
1. Sandra Martins, Outreach Specialist-Portuguese 2. Rita Espinoza, Outreach Coordinator-Spanish
3. Maureen Barstow, Data Specialist- English 4. Monica Ulysse, VHA-Haitian-Creole

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PARENT UNIVERSITY 2013

Keynote Speaker

Mara Briere, Certified Life Educator



Grow a Strong Family: Communicate!

"Grow a strong family" delivers family life education services including family coaching, parenting education, and substance abuse counseling. "Grow a Strong Family" is a Family Life Education Service. Its focus is on education, prevention, and skill development. The goal of our work together is to strengthen the family and develop skills to manage the challenges that may come over the course of time.

Mara Briere has both a Master's degree and a nationally recognized certification in Family Life Education. She has also acquired credentials in several evidence based practices including Parenting with Love and Logic, Core Communication, and the Myers-Briggs Type Indicator. Mara holds an additional certificate in Substance Abuse counseling. These qualifications enhance her practice so that she can deliver the highest quality services to the families she is privileged to contract with.

Mara provides private coaching to families in which she identifies individualized solutions to their particular lifespan challenges and offers the tools to secure their resolution. Mara also provides in-home and community-based family preservation services to families self-referred and those referred by outside agencies including the Department of Mental Health, the Department of Children and Families, and Behavioral Insurance. Mara's skill set encompasses incorporating short-term treatment modalities.

The goal of our work together is to strengthen the family, and develop skills to manage the challenges that may come over the course of time.

Families that Talk Together, Grow Together