

# 2011-2012

# Parent Seminar

# Series

Educational and mental health experts presenting parents with solid “how-to” information in an informal, interactive setting



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Cathi Cohen, LCSW, is the clinical director of In Step, a private mental health practice. She is a leading expert in the field of social skills training and mental health and is the author of *Raise Your Child's Social IQ: Stepping Stones to People Skills for Kids*, and *Outnumbered, Not Outsmarted: An A to Z Guide for Working with Kids and Teens in Groups*.

Ann Dolin, M.Ed., director of Educational Connections Tutoring and Test Prep, is a recognized expert in education and learning disability issues. She is also the author or the award-winning book *Homework Made Simple — Tips, Tools and Solutions for Stress-Free Homework*.

## “Fostering Resiliency and Optimism: Nurturing a ‘Can Do’ Attitude”

**October 27, 2011 7:00 - 8:30pm**

Teach your child how to keep the “glass half full” even in difficult times.

**Cathi Cohen, LCSW**  
Woodson High School  
Fairfax, VA

## “ADHD Boys vs. Girls: Does Gender Matter?”

**December 15, 2011 7:00 - 8:30pm**

Learn how gender not only affects symptoms of ADHD but also social skills, coexisting conditions, and various treatment modalities.

**Patricia Quinn, MD**  
Woodson High School  
Fairfax, VA

Dr. Patricia Quinn, a developmental pediatrician, is a well-known international expert and speaker on the topic of ADHD. She has authored several bestselling and groundbreaking books on the topic. She is currently the Director of the National Center for Girls and Women with ADHD. Dr. Quinn received the CHADD Hall of Fame Award for her work in this area.

## “Stressed Out Teens”

**January 19, 2012 7:00 - 8:30pm**

Help your teen manage the academic, social, and emotional demands of middle and high school.

**Ann Dolin, M.Ed.**  
**Toni Cortellessa, LCSW**  
Williamsburg Middle School  
Arlington, VA

Toni Cortellessa, LCSW, is an individual, family and group therapist with adolescents and adults in Rockville, MD. She is a faculty member at the Washington Center for Psychoanalysis and currently teaches first year medical students at George Washington University.

## “Stressed Out Teens”

**February 16, 2012 7:00 - 8:30pm**

Help your teen manage the academic, social, and emotional demands of middle and high school.

**Ann Dolin, M.Ed.**  
**Cathi Cohen, LCSW**  
Woodson High School  
Fairfax, VA

## “Anxiety and Depression: What is Normal?”

**March 15, 2012 7:00 - 8:30pm**

Learn how to recognize the signs that your children may be affected by depression and anxiety, and how you can help to move them forward.

**Peter Robbins, MD**  
Williamsburg High School  
Arlington, VA

Dr. Peter Robbins is a board certified psychiatrist and the clinical director of Child and Family Counseling in Fairfax, VA. He specializes in psychotherapy and psychopharmacology services for children, adolescents, and adults.