

REGISTER IN ADVANCE

# PARENT WORKSHOPS & THERAPY GROUPS

WINTER/SPRING 2023

Monthly parenting workshops are open to the public and free to attend. Workshops will be interactive, please come prepared to participate. See you there!

Please contact **Paulina Olvera** at **707.933.4482** or **thehub@hannacenter.org** to register in advance.



## January Topic: **GENDER & SEXUAL IDENTITY**

*Do you feel like you're struggling to understand how your child is exploring their gender or sexual identity? The purpose of this workshop is to provide information about terminology and ways to support your child.*

**Presented by:**  
Dr. Sita-Marie Pillay, Psy.D., MA

**Location:**  
Hanna Admissions Bldg.

**Date:**  
Thursday, January 19

**Time:**  
5:30pm – 7:00pm

## February Topic: **MEN'S MENTAL HEALTH**

*Mental health is just as important as physical health. This workshop will provide a safe and welcoming place for men to discuss topics such as mental wellbeing, substance use, and depression. Nobody should have to struggle alone or in silence. Stay strong by speaking up.*

**Presented by:**  
Cindy Chaed Sutton, MA

**Location:**  
Hanna Admissions Bldg.

**Date:**  
Thursday, February 16

**Time:**  
5:30pm – 7:00pm

## March Topic: **COUPLES' COMMUNICATION**

*Looking to improve communication with your partner? This workshop will provide an overview of communication styles and common "pitfalls," as well as tools and strategies to help couples improve their own communication skills. If possible, attendance by both partners is advised.*

**Presented by:**  
Ayanni Manning, MA

**Location:**  
Hanna Admissions Bldg.

**Date:**  
Friday, March 10

**Time:**  
5:30pm – 7:00pm

## **24/7 DAD: GET THE FATHERING SKILLS YOU NEED**

*24/7 Dad Goes Virtual! Join us for an interactive Therapy Group via Zoom. Learn about topics such as showing and handling feelings, communication, and co-parenting while connecting with other fathers in our community. \*\*BILINGUAL GROUP*

**Group facilitators:** Emily Alona, LCSW & Erminio Carreno

**Location:** Zoom (link will be provided upon registration)

**Dates:** Mondays beginning January 16

**Time:** 1:00pm – 3:00pm

**Cost:** Insurance will be billed, or a sliding scale fee for services will be utilized

Please contact **Emily Alona**, LCSW at **707.933.2595** or **ealona@hannacenter.org** to register by Friday, Jan 13.

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