

REGISTER IN ADVANCE

PARENT WORKSHOPS & THERAPY GROUPS

SPRING/SUMMER 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.



April Topic: **THE MIND-BODY CONNECTION**

How does your body respond to stress? What about your mind? Our physical, mental, and emotional health are so intimately intertwined, it can be difficult to understand what our bodies are trying to tell us. This workshop will help you do just that. You will gain knowledge about the connection between the mind and the body, participate in activities that allow you to explore that connection, and engage in skill-building that will allow you to utilize what you learned outside of this workshop.

Presented by:
Keanu Henley, MA

Location:
Hanna Admissions Bldg.

Date & Time:
Friday, April 21
5:30pm – 7:00pm

May Topic: **ADHD & EXECUTIVE FUNCTIONING IN TEENS**

ADHD is a term that gets thrown around a lot in popular culture and has even been bit of a buzzword in recent years. You will leave this workshop with a better understanding of what life is like for youth diagnosed with ADHD, some of the basic science behind the disorder, and practical things which can be done to help youth with ADHD feel and function their best.

Presented by:
Max Levine, MA

Location:
Hanna Admissions Bldg.

Date & Time:
Friday, May 19
5:30pm – 7:00pm

June Topic: **CO-PARENTING**

When parents separate, it's hard on everyone in the family, especially children. The purpose of this workshop is to provide information about why co-parenting is vital for healthy development, and ways parents who live apart can work together to take care of their children. One or both parents are welcome to attend.

Presented by:
Emily Alona, LCSW

Location:
Hanna Admissions Bldg.

Date & Time:
Thursday, June 15
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 (Ongoing)

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** for more information.

**National
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**COMMUNITY HUB**
MENTAL HEALTH AT HANNA