



2019 Raising Healthy Families Community Education Series

Join us for this informative education series as we examine important issues facing today's families. Presentations by noted Bay Area experts will offer tools and strategies to empower you to help raise children who are curious, compassionate, and resilient.



Teen Cannabis and Alcohol Use: What Parents Can Do

Presented by Adam Nelson, MD

When: Saturday, March 2, 2019, 9am – 11am

Where: Marin County Office of Education
1111 Las Gallinas Avenue, San Rafael, CA 94903

Today's widespread under-age use of alcohol and cannabis puts Marin adolescents at greater risk for emotional, physical, and cognitive harm than ever before, including risk for suicide and mental illness. Moreover, it is likely the recent legalization of recreational cannabis will only increase its use and availability for teens.



Raising Boys to be Heroes in an Age of Villains

Presented by Mark Edwards, LMFT

When: Tuesday, March 12, 2019, 6pm – 8pm

Where: San Rafael Community Center
618 B Street, San Rafael, CA 94901

This program will offer an overview of the unique development of boys through childhood and adolescence with a specific focus on the development of emotional competence, the ability to recognize, understand, express and manage one's own emotions, and to respond appropriately to the emotions of others.



Embodied Resilience: Mindfulness for Challenging Times

Presented by Shai Lavie, LMFT

When: Thursday, March 28, 2019, 6pm – 8pm

Where: San Rafael Community Center
618 B Street, San Rafael, CA 94901

Adolescence is an emotionally challenging period for kids and parents alike. Embodied resilience, that is, being aware of one's own and others internal/non-verbal body signals strengthens our ability to access internal resources.

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