



Jewish Community Center, Sonoma County presents

# Mindful Parenting: Getting In Touch With What You Already Know

## A TWO-SESSION SERIES WITH RICK CONCOFF, MA

*Open and valuable to parents with children aged 9 and older*

Below are some of our ongoing topics of discussion on how we can foster and support the development of healthy, successful, and self-caring adult skills.

- ◆ Help in creating healthy conversations, boundaries, agreements
- ◆ Understanding the challenge of substance use, self harm, suicide
- ◆ Seeing the signs when help is needed and getting helpful referrals
- ◆ How pre teens / teens socialize
- ◆ The journey through middle school and high school
- ◆ Setting up win win situations
- ◆ Being the right kind of advocate
- ◆ Timing for bringing up issues
- ◆ Knowing what are your non-negotiables, negotiables, and “don’t cares” in expectations of your pre teen / teen
- ◆ Learn to communicate better with your pre teen / teen
- ◆ Learn when to engage and advocate for your child and when to hold back; How to work with your child’s teachers, coaches, and mentors; how to deal with other parents re: inclusion and exclusion; dealing with difficult sibling relationships
- ◆ Teach and model the values you want your child to live by
- ◆ Discuss the impact of electric media and social networking on the development of children; understand cyberspace—how to manage your child’s engagement with it from the beginning; how to offer equally engaging and real activities to your children as an alternative


### Instructor, Rick Concoff, MA

RICK CONCOFF, MA has been educating and guiding children, teens and parents for over three decades. Rick is the Jewish Community Center, Sonoma County’s Teen Program Director and Camp Director, a Waldorf teacher, and Parent and Teen Coach. For more on what Rick Concoff offers, check out his website, [valuesvirtues.com](http://valuesvirtues.com). For more information, [rickc@jccsoco.org](mailto:rickc@jccsoco.org) or 823-3916.

**2012**  
**Sundays**  
**10 am - 1 pm**  
**January 22**  
**January 29**

\$36 for the series;  
no extra charge for spouses/  
parenting partners.  
*No one turned away for  
inability to pay.*

**Classes meet at  
the JCC office**

  
Jewish Community Center  
SONOMA COUNTY

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[www.jccsoco.org](http://www.jccsoco.org)

## Reservation Form | Mindful Parenting 2012

Name \_\_\_\_\_

Street \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Enclosed please find a check made payable to the Jewish Community Center, Sonoma County for \$36.00.

### Payment Information

Check (payable to JCC) \_\_\_\_\_ or VISA/MC Amount enclosed or to charge \$ \_\_\_\_\_

Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_ / \_\_\_\_

Please detach reservation form and return with payment to: Jewish Community Center, Sonoma County