



## 2025 Raising Healthy Families Community Education Series

*Co-hosted by Community Institute for Psychotherapy & Marin County Office of Education*

Join us for this informative education series as we examine important issues facing today's families.

### **Heroes in the Making: Raising Boys to Embrace Courage and Compassion**

Presented by Mark Edwards, LMFT | Wednesday, March 5, 2025 | 6 pm – 8 pm

Marin County Office of Education, 1111 Las Gallinas Ave. San Rafael, CA

With modern media filled with stories of masculinity gone “off the rails”, and an increasing male susceptibility to violence against self and others, our national conversation has shifted to ways in which parents can understand and support boys and young men as they transition to adulthood.



This seminar will offer an assessment of the development of boys through childhood and adolescence with a specific focus on the development of emotional competence. Using Joseph Campbell's “hero's journey” as a starting point, Mark Edwards will examine the risk factors for boys, including the academic underperformance, behavioral issues, bullying and pornography. Specific skills and strategies will be proposed to enhance the development of empathy and mentalization in boys to help parents to understand, guide and support their young men.



### **Regaining Control of AI and Screen-Based Technologies: An Interactive Talk for Parents and Adolescents**

Presented by Mathilde Cerioli, PhD, and Anne-Sophie Seret

Monday, March 10, 2025 | 6 pm – 8 pm

Marin County Office of Education, 1111 Las Gallinas Ave. San Rafael, CA

The emergence of Artificial Intelligence – the technology behind the apps, social media, video games, and streaming services that we interact with daily – is transforming the environment that children and teens grow up in, presenting both incredible opportunities and challenges for themselves, parents, and educators, alike. Under certain conditions, these technologies have been associated with deleterious effects on cognitive, emotional, and social development. On the other hand, when approached with well-informed intentions and practical guidelines, these same technologies can benefit our children's development by greatly expanding their learning opportunities.

Together as a community we will tackle the impact of AI on our children's lives. Parents and their teens are invited to attend this talk together as we:

- Gain a thorough understanding of the AI-driven technology behind many screen-based activities
- Learn about the profound impacts these technologies are having on our cognitive, emotional and social functioning
- Share openly about our own relationship to screen use – both teens and parents, alike
- Discuss practical strategies to regain control over our teens' screen-time and overall well-being.

### **Navigating Body Image in the Digital Age: How to Support your Child with Healthy Habits to Prevent Negative Body Image and Disordered Eating**

Presented by Erika Bent, LMFT, LPCC, CEDS-S | Thursday, March 20, 2025 | 6 pm – 8 pm

Marin County Office of Education, 1111 Las Gallinas Ave. San Rafael, CA

Parenting in the digital age is a foreign landscape with many unexpected twists and turns. New research has illuminated eating disorders as a global health crisis, with negative body image, dieting, and the impacts of social media as serious risk factors. This presentation will offer education and practical advice on how to help your teen build healthy habits with social media, as well as build a positive relationship with their bodies and mind. The presenter will discuss the correlation between social media and body image, and offer parents tips on how to support safe social media practices. Parents will also learn tools to promote healthy body image in a world obsessed with appearance and prevention strategies for disordered eating in teens.



### **Hunt, Gather, Parent: How to Minimize Conflict & Maximize Cooperation**

Presented by Michaela Doucleff, PhD | Tuesday, March 25, 2025 | 5 pm – 7 pm | ZOOM Only

Children and teenagers are facing a mental health crisis, with high rates of depression, anxiety and loneliness. Part of the root cause is children's lack of autonomy and connection with their parents and families. In this talk, we'll learn how Western society's approach to raising children generates conflict and loneliness with children, from toddlers to teenagers. At the same time, we'll learn how this approach erodes confidence and self-sufficiency. On the flipside, we'll learn a parenting approach that accomplishes the opposite. It teaches children to cooperate and work together with their parents and siblings. It gives children a sense of purpose, while building their confidence, self-drive and useful life skills.

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