

Pilot School Presents: A Parent Workshop Series by Dr. Cami Winkelspecht

To sign up for any of these workshops, go to pilotschool.org/parentworkshop

NOV 17, 2020

Parenting through the Pandemic: Q and A

TUESDAY, 6:00 - 7:30 (One Hour Presentation, 30 Minute Q&A)

A talk about the impact on mental health for families and children during this pandemic and strategies for success in unpredictable times. Dr. Winkelspecht will offer take home tips to help parents during this time.

DEC 14, 2020

Understanding Childhood Anxiety

MONDAY, Time To Be Determined

Education on symptoms of anxiety, different anxiety disorders, developmental trajectory of anxiety, and effective treatment as well as the impact of COVID-19. Participants will receive take home tips.

JAN 19, 2021

Understanding Mood Symptoms in Children and Adolescents

MONDAY, Time To Be Discussed

Education on symptoms of mood disorders, the differences seen in children/adolescents versus adults, suicide prevention, and discussion of the impact of COVID-19. Participants will receive take home tips.

FEB 23, 2021

ADHD Basics and Beyond

TUESDAY, Time To Be Determined

Education on symptoms of ADHD, evaluation and evidence-based treatment options as well as education on the developmental trajectory of ADHD symptoms across childhood. The impact of COVID-19 will be discussed and participants will receive take home tips.

APR 12, 2021

ADHD: Behavior Management

MONDAY, Time To Be Determined

Education on evidence-based behavioral management techniques to manage ADHD symptoms more successfully. Extra emphasis will be placed on differences between younger and older children regarding behavior management techniques and ways to keep skills working as children age.. A discussion of home/school collaboration and the impact of COVID-19 on ADHD will be provided. Participants will receive take home tips.

MAY 10, 2021

ADHD: Parent Self-Care

MONDAY, Time To Be Determined

Discussion of the impact on parents managing children with ADHD , practice different ways to reduce stress and take time for self-care. During COVID-19, the impact is greater of managing ADHD symptoms has been more challenging and parents will receive take home tips to help reduce parenting stress.