

## Adlai E. Stevenson High School Consortium

### PARENT WORKSHOP

NOVEMBER 16, 2011

### BALANCING ACADEMIC ACHIEVEMENT AND STUDENT WELL-BEING

#### ADDITIONAL RESOURCES

- Speaker information
  - ANXIETY IN ADOLESCENTS
    - Ms. Kathy Berger, Therapist, Connections Counseling, Alexian Brothers Behavioral Health Hospital, 847-303-4986
    - Mrs. Jackie Rhew, Adolescent and Family Therapist, Clinical Coordinator School Anxiety Program, Connections Counseling, Alexian Brothers Behavioral Health Hospital, 847-303-4980
  - INTERNET AND CELL PHONE SAFETY
    - Deputy Karen Kates, [KKates@lakecountyil.gov](mailto:KKates@lakecountyil.gov)
    - Chief George Manis, [GManis@lakecountyil.gov](mailto:GManis@lakecountyil.gov)
  - RAISING EMOTIONALLY HEALTHY CHILDREN
    - Dr. John Jochem, president and found of Hawthorn Counseling Group, [www.hawthorncounseling.com](http://www.hawthorncounseling.com), [jdjochem@gmail.com](mailto:jdjochem@gmail.com)
  - STRESS & ACHIEVEMENT: HOW MUCH IS ENOUGH / ESCAPING THE COMPETITION TRAP
    - Dr. Michael Maniacci, clinical psychologist, 312-658-1315, 333 North Michigan Avenue, Suite 602, Chicago, IL 60601 or 1555 Naperville/Wheaton Road, Suite 108C, Naperville, IL 60563
- Local parent education events
  - Family Awareness Network is an all-parent, all-volunteer organization that does parent education programming throughout New Trier Township and is open to residents of other communities: <http://fan-ntts.ntnow.org/>
  - The Parent Education Consortium of the North Shore (PEC) is a centralized source of information on parent resources and programs that promote stronger schools, family and community life: <http://www.peccalendar.org/>