

OVERSCHEDULED STUDENTS (and FRAZZLED PARENTS)

Preparing Your Child for a Competitive World Without Losing Your Sanity

Thursday, September 13th – 6:30PM

Plainfield North High School – Auditorium

[12005 South 248th Avenue Plainfield, Illinois 60585](#) – Main Parking located off 248th Ave. Entrance, enter through Main Entrance

Join us for an information-packed presentation and Q&A and learn:

- How overscheduling can help – and hurt – kids AND their parents
- Common warning signs and symptoms that your child is overscheduled – and the best ways to respond
- How to know if you are enriching your children's lives – or overscheduling them
- Simple ways to determine the right balance of organized activities, unstructured play, and parent-child interaction that's appropriate for your kids
- Proven strategies for managing the stress, pressure, and expectations of academic and extracurricular activities
- The truth about how much pressure you should put on your child (and yourself) to prepare for a competitive world

A PRESENTATION FOR:

- K-12 parents, grandparents and other concerned relatives
- K-12 teachers, staff, and administrators
- Counselors, psychologists, nurses, and social workers (CEUs and CPDUs available)

EVENT SCHEDULE

6:30pm – Welcome/Community Resource Fair
6:45pm – Speaker Presentations
7:45pm – Q & A Discussion Panel with Speakers
8:30pm – Close

Our distinguished panel will include a District 202 student and parent and the following experts:



Stephanie Kennedy, MA

Stephanie is president of Kennedy Educational Services and co-founder of My College Planning Team. Stephanie holds a Masters in Counseling and College Student Development. A former admissions counselor, she has read hundreds of college applications and assisted thousands of students in their college adjustment and educational path.



Marty Beirne, MS.Ed, LCPC

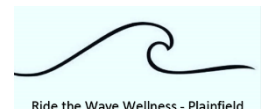
Marty is currently a Licensed Clinical Professional Counselor at Linden Oaks Behavioral Health following 36 years in education as a high school Spanish teacher, high school counselor, and middle school administrator, interspersed with 8 years as a part-time fireman/paramedic.



Christina Pavlich, MSW

Chris holds a Masters of Social Work, has experience as a crisis counselor, and has been a School Social Worker in the Plainfield School District for 18 years working in the elementary and middle school level. Her current role at Walkers Grove Elementary gives her a unique perspective on the challenges and stresses of overscheduling at the early stages of development.

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Online at: www.plainfieldparentcommunitynetwork.org

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