Join us for our general meetings in the Meaders Hall at Cochran Chapel United Methodist Church. All meetings include time to socialize with fellow members, light breakfast and coffee,

short business meeting and informative speaker.

**Where are meetings held?**

Cochran Chapel - United Methodist Church

9027 Midway Road, just south of Northwest Hwy.

\*Note: Meetings are held in the Chapel building and Nursery is located in a separate building at the bottom of the hill (on your left as you approach the chapel)

**Typical Meeting agenda:**

9:30am Coffee/Light Breakfast

10:00 Business Meeting and/or Speaker

11:30 Conclusion

**September 8: “Barking Back at Worries:** **Playful strategies for managing childhood anxiety” with**

**Dr. Kristin Ohlenforst, PhD**

Everyone has worries. Not all worries are bad—some worries actually keep us safe and healthy.  Some worries, however, are so powerful that they undermine healthy coping skills and decision making.  Children and adults alike can struggle with such worries…and everyone needs developmentally appropriate tools for “bossing back” one’s worries.  In her presentation, Dr. Ohlenforst will address common triggers for anxiety during childhood (from separation anxiety to stressful world events/news), and how the parental response impacts a child’s worries and outlook.  Subsequently, she’ll review basic tools/strategies for managing childhood (and parents’!) worries, including strategies portrayed in her first co-authored children's picture book, *Moose the Worry Mutt Goes to Doggie Daycare*.

**October 29: Couples’ Party**

**November 3: “Understanding Birth Order”” with Dr. Kelly Jameson**

**December 3: Holiday Gift Market**

Come join us at our annual Holiday Gift Market and Auction. We will have yummy bites for you to enjoy while you shop and socialize. The silent auction and raffle benefit the NDECPTA and our community Outreach Partners.

**January 5: “Raising Food-Smart Kids: Nutrition Considerations for the Whole Family” with Meridan Zerner**, **MS, RDN, CSSD, LD Dietician, from the Cooper Fitness Center**

Join us to discover the science behind good nutrition choices, not myth and misinformation. Learn tools to help teach your children about their food and better health. Be inspired with lists of better snacks. Consider the power of leading by example to develop a healthier relationship with food!

**February 2: “Sooner Than you Think, Simple Answers to Challenging Questions” with Megan Michelson, Just Say Yes**

Learn how to talk to your children about challenging topics, including sex, and why it is important to begin these conversations early. Mary Flo Ridley’s approach demonstrates to parents how they can become the loving authority in their own children's lives by giving practical examples and tools to get started.

**March 2: Summer Activities Fair**

Join us for our annual Summer Activities Fair and come get ideas for planning your kids’ summer activities by visiting with local camps, schools, and businesses**.**

 **April 6: “Therapeutic Limit Setting- Positive Ways to Respond When Your Child Misbehaves” with Laura McLaughlin, M. Ed., LPC, RPT - HeadFirst Counseling Founder**

***Licensed Counselor and Play Therapist***

Members will learn positive, relationship enhancing ways of responding when their child acts out or misbehaves. Members will be able to put into action a set way of reacting to misbehavior from their child that takes the guess work out of discipline, and builds and strengthens the parent-child relationship at the same time. As a result of consistent limit setting from parents, children will improve their ability to self-regulate, follow directions, and respond more quickly to limits.

**May 4: End of the Year Brunch, Gift Market, and Silent Auction**

Join us for brunch at a local restaurant where we will have a silent auction and raffle full of spring and summer items and activities. This event is a fabulous way to celebrate the “close” of the PTA year and see everyone before the ‘dog days’ of summer.

Valini Plunk, VP Programs, valini.plunk@gmail.com