

Mental Health Speaker Series

Speaker Series is open to anyone,
including Parishioners or School Families.

Meetings will be held in the St. Columbkille Parish Center
Zoom Available
Wednesdays 6:30pm

Contact Kerri Mazzone for questions: kerri.wise@gmail.com
Organized by St Columbkille School PTU

Oct. 20th - Practical Tools for Coping with Parenting Stress

- Presented by Kerri Mazzone, LISW-S Therapist at Lamplight Counseling Services
Parenting is complicated! Learn some practical tools to help you stay calmer day to day and ways to cope when times are difficult.

Oct. 27th - Self Regulation Skills and Emotional Control

- Presented by Kristen Pataki OTD, OTR/L, Associate Professor at CSU
Join us as Kristen explains triggers and zones of regulation. Learn how to teach children to identify and manage behaviors -- their own emotional regulation.

Nov. 3rd - Internet Safety - "Is It Worth The Risk"

- Presented by ICAC (Internet Crimes Against Children Task Force)
The presentation is geared toward educating parents and guardians of today's internet-connected youth about potential online dangers. Time is allotted for questions and discussion.

Children are requested to not be in attendance for this presentation.

Nov. 10th - Where to go for More Support: Community Mental Health Resources

- Presenters Include: Angela DiCarlo, Juvenile Court Intervention Specialist, Southwest Community Based Services, St. Columbkille Church, and St. Columbkille School.
Learn more about resources that are available to you and your family through the community, the school, and the church.