



University Center for the Child and the Family

Fall 2009 Public Lecture Series: Family Life In The 21st Century

Mon., Sept. 21 ... **Sexting, Lies and Cyberbullying**

Technological advances, such as cellphones and internet, make it possible for harmful rumors and pranks to spread widely and quickly among children and teens. This presentation emphasizes how parents can use the power of their relationship with their children to keep their youngsters from hurting themselves or others on-line.

Please Note:

*This session will take place at the Pittsfield Library branch.
No pre-registration is required for this lecture.*

Presented by Sharon Gold-Steinberg, Ph.D.

- All lectures are FREE and open to the public.
- Registration is required.
- Lectures are 7:00-8:30 PM at UCCF.
- Free parking in the UM Church Street structure.

Wed., Oct. 7 ... **A Parent's Guide to School Advocacy: Helping Your Child with ADHD/LD to Succeed**

Children with learning and attention difficulties present an ever-changing set of challenges for parents. This session will describe the typical difficulties faced by children and their parents, and offer proven strategies for helping to master these.

Presented by Kristen Chapman, M.A.

Tues., Nov. 10 ... **"You're Not my Parent!": Making Step-parenting work**

Being a stepparent is hard work, but it can be done and be rewarding for everyone involved. This presentation will lay out the common challenges facing stepparents and offer suggestions for how families can meet these challenges successfully.

Presented by Jamie Plunkett, Ph.D.

Tues., Dec. 1 ... **Teen Depression and Suicidal Behavior: What Parents Can Do**

Most teens have "down days" and many struggle with negative moods on a more regular basis. How do we differentiate negative moods from clinical depression? What do we need to know about suicidal thoughts and impulses? What can parents do? This session will be a primer for parents of teens, with ample opportunity for questions and discussion.

Presented by Cheryl King, Ph.D.

UCCF - Finding solutions for each family's difficult challenges.

The University Center for the Child and the Family (UCCF) is a unit of the Institute for Human Adjustment (IHA) at the University of Michigan and is committed to providing quality mental health services for children and families in the community. UCCF offers evaluations and therapy in such areas as learning disabilities, emotional and behavioral concerns, grief and loss, and relationship issues for couples. UCCF is a Blue Care Network provider including Premier Care and GradCare. We also accept other insurance policies, and sliding scale fees are available.