



**DUMBARTON MS**

# PARENT NIGHT

**February 28th  
Wednesday  
6:00 PM- 8:00 PM  
AT DUMBARTON MS**

**How can I help my student live a healthier life?**



**As parents, we all want the best for our children.**

**TOPICS OF WORKSHOPS  
TIMES: 6-6:45 AND 7-7:45**

- **Substance Use and Abuse: The Middle School Years**
- **Social Media Trends and Technology Use**
- **Don't Touch The Lava! How Parents Can Manage Big Feelings in Teens**

**INFORMATIONAL TABLES**

- **PTSA**
- **SEL**
- **Health Services**
- **ESOL Bus**
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# DUMBARTON 'S PARENT NIGHT

**WHEN: FEBRUARY 28, 2024 6PM-8:00PM**

**WORKSHOP A 6-6:45PM    WORKSHOP B 7-7:45PM**

*Parents will have the opportunity to select 2 workshops for the evening.*

<p><b>Choice 1: Don't Touch The Lava! How Parents Can Manage Big Feelings in Teens</b></p> <p><b>Shreya Hessler/Psy.D., Founder and Director of The Mindset Center</b> <a href="mailto:drhessler@mindsetcenter.com">drhessler@mindsetcenter.com</a></p>	<p>Hormonal explosions, boundary testing, increasing academic demands, social media, independence seeking... Welcome to the middle school years! Join licensed psychologist Dr. Shreya Hessler, director of the MINDset Center, for a discussion on how parents can recognize signs of distress in teens and support their middle school students as they manage their big feelings.</p>
<p><b>Choice 2: Substance Use and Abuse: The Middle School Years: Trends and Warning Signs: What Middle School Parents Should Know.</b></p> <p><i>Katie McCabe, LCPS, NCC</i></p> <p>Katie McCabe has been a substance abuse and mental health counselor in Baltimore County for 29 years, 14 of those years working directly in schools in Central Towson. She has been the Program Director of an adult inpatient addiction's facility in Owings Mills, worked in adolescent inpatient psychiatric units locally, and has been in private practice for the last 7 years.</p> <p><a href="mailto:katie@terrapincounseling.org">katie@terrapincounseling.org</a></p>	<p>One of the downsides of technology is that kids get access to so many things, at a younger age, without parents being aware. Come out to learn about what substances are popular amongst middle schoolers, the effects of Marijuana being legalized (and more adults using cannabis products), how drug/alcohol/nicotine use impact mental health, what are the risk factors for addiction, and what parents can do to try to hold back the tide. I will also talk about fentanyl in Baltimore and how it's mixed into other drugs. This is a "no-blame" presentation with lots of opportunity for Q&amp;A.</p>
<p><b>Choice 3: Social Media Trends and Technology Use: What Parents Need to know during the Middle School Years</b></p> <p><i>Tana Hope Ph.D./Psychologist</i> Child and Family Therapy Clinic Behavioral Psychology Department/Kennedy Krieger Institute Social Media/Tana Hope <a href="mailto:hope@kennedykrieger.org">hope@kennedykrieger.org</a></p>	<p>Social Media and Technology Use have taken over. From staying socially connected with friends to checking in with parents and accessing education, electronics are useful. So how can parents set limits when electronics are relied on in multiple areas of life? This seminar will provide current information on the social and health challenges created by constant electronic use. Suggestions will be given for managing electronic use and forming a healthier balance in how our teens spend their time.</p>