

Drake High School Parent Events 2018 /2019

OCTOBER 30, 2018, 7:00-8:30pm
Mill Valley Community Center

Christine Carter, Ph.D: skills teens need for happiness & success—and how parents can help

Drawing on what psychology, sociology, and neuroscience have shown about success and fulfillment—and using her own chaotic and often hilarious real-world experiences as the mother of four teens to demonstrate do's and don'ts in action—Christine Carter, PhD, gives parents practical tips for nurturing both achievement and happiness in teenagers today. She'll discuss how and why smartphones and social media are undermining our kids' success and happiness, and she'll give us simple, science-based strategies for helping kids fulfill their potential in an age of distraction.

For parents/adults

Sponsored by Redwood, Tam and Drake Parent Education, Fusion Academy and Mill Valley Aware
[Click this link for tickets/registration](#)

NOVEMBER 7, 2018, 7:00-8:00pm
Drake Student Center

TALK SAVES LIVES: A brief introduction to suicide prevention

A presentation from American Foundation for Suicide Prevention

Suicide can be prevented. This presentation will cover what we know about this leading cause of death, the most up-to-date research on prevention, and what we can all do to fight suicide. Participants will learn the common risk factors for suicide, how to spot the warning signs in others and how to keep ourselves, our loved ones and those in our community safe.

For parents/adults only

Sponsored by Greater SF Bay Area Chapter - AFSP & Drake High School, Tamalpais Union High School District
[Click this link for tickets/registration](#)

NOVEMBER 27, 2018, 6:30pm
Smith Rafael Film Center

I AM MARIS Teen Wellness Film Series

After a childhood of mounting anxiety, depression, and eating disorders, Maris is hospitalized to confront her illnesses. Struggling to cope once released, she finds solace in the healing powers of therapy, art, and yoga, becoming an instructor at just 16 and using her blog to promote self-acceptance.

For parents and teens

Presented by CFI Education and TUHSD Wellness
[Click this link for tickets/registration](#)

DECEMBER 5, 2018, 6:30-8:00pm
Tam Student Center

Resilient Families: Navigating Substance Use & Abuse through the Teen Years Same workshop held on Feb 13, 2019 at Kreps Conference Center)

Join Huckleberry Youth Programs and TUHSD Wellness to begin a dialogue between teens and their parents/caregivers about substance use and abuse. In this 90 minute workshop, we will introduce families to the landscape of teen substance use and abuse in Marin County, information about adolescent development, and strategies to help build communication and understanding between youth and their caregivers. Intended for caregivers and their teens to attend together, Resilient Families is intended as a first step in establishing a common ground around this pressing issue.

(Resilient Families cntd)

For teens with their parents/caregivers - come together. Maximum of 25 families.

Sponsored by TUHSD Wellness; Huckleberry Youth Programs; Combined Drake/Redwood/Tam event

This event is **SOLD OUT** but the same workshop will be held on Feb 13, 2019 at Kreps Conference Center

JANUARY 30, 2019, 6:30-8:00pm
Redwood High School

How to Talk With Your Child About Sexuality and Relationships

Join Sexual Health Educator Heidi Winig, from the Askable Parent for an interactive workshop for parents and caregivers to:

- create an on-going dialogue with your child at any age and any stage
- establish yourself as your child's main resource for these conversations
- gain tools for initiating conversations and answering sensitive questions
- identify your own values about sexuality and relationships

For parents/adults only

Sponsored by TUHSD Wellness; Drake/Redwood/Tam event

FEBRUARY 6, 2019
Drake Student Center

Summer Opportunities Fair

For Drake students, parents also welcome to attend
Sponsored by Drake's College & Career Center and The Drake Fund

MARCH 12, 2019, 6:30pm
Smith Rafael Film Center

THE MASK YOU LIVE IN Teen Wellness Film Series

Research shows that, compared to girls, boys in the U.S. are more likely to be diagnosed with a behavior disorder, prescribed stimulant medications, fail out of school, binge drink, commit violent crime, and/or take their own lives. The Mask You Live In follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity.

For parents and teens

Presented by CFI Education and TUHSD Wellness
[Click this link for tickets/registration](#)

MARCH 2019 - Date TBD
Drake Student Center

Gap Year Fair

For all TUHSD students

Sponsored by Drake's College and Career Center

April 30, 2019, 6:30pm
Smith Rafael Film Center

Teen Resilience – Film title TBA Teen Wellness Film Series

For parents and teens

Presented by CFI Education and TUHSD Wellness
[Click this link for tickets/registration](#)