

**2015 Parent
Education
Speaker Series**

**"Children and Social
Media in the Age of
Handheld Devices"**

Speaker:
Alecia Berman-Dry
Date: January 15, 2015
Time: 7:00-8:30pm

"Sex and Sensibility"

Speaker:
Debbie Roffma
Date: February 19, 2015
Time: 7:00-9:00pm

"Eating disorders"

Speaker:
Graham Redgrave
Date: March 10, 2015
Time: 7:00-8:30pm

"Substance abuse"

Speaker:
Mike Gimbel
Date: April 21, 2015
Time: 7:00-8:30 pm

Parent Education Speaker Series



"Children and Social Media in the Age of Handheld Devices"

Speaker: Alecia Berman-Dry
Date/Time: January 15, 2015 7:00-8:30pm

This discussion will delve into some very provocative and possibly worrisome topic that all modern parents must be informed about. Does your child have a cell phone? Will your child ever have a cell phone? How will you know what they are doing with the cell phone with open access to the Internet?

As a parent, how do you set guidelines? Do you just give open access and trust your child to make the right decisions despite unfiltered access to others who may want to prey on young undefended youth?

Ms. Berman-Dry is the Director of Academic Technology and teaches technology classes

for grades K-6 at St. John's Episcopal School. She has given presentations on Social Media and Internet Safety and Technology at many local and national conferences and organizational meetings. She was awarded the Shirley J. Lowrie excellence in teaching award in 2010 and was recently featured in the educational journal called Learning and Leading with Technology.

Ms. Berman-Dry will help open our eyes and provide some real perspective on this timely topic of media and how we parents can be directly involved.



"Sex and Sensibility"

Speaker: Debbie Roffman
Date/Time: February 19, 2015 7:00-9:00pm

This discussion will focus on sexuality through the lens of the "five universal needs" of children and adolescents across the developmental spectrum. Additionally, we will cover the five corresponding roles for the adult nurturers in their lives.

Of all the challenging and seemingly critical moments in parenting, having the sex talk may be the most awkward.

Roffman is here to hold parents' hands as they navigate this terrain. She's written two books on communicating with kids about sex—Talk to Me First: Everything You Need to Know to Become Your Kids' "Go-To" Person About Sex and Sex and Sensibility: The Thinking Parent's Guide to Talking Sense about Sex.

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"Eating disorders"

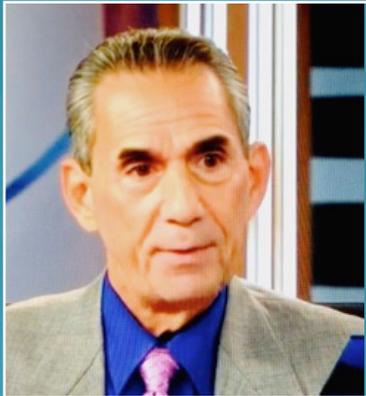
Speaker: Graham Redgrave
Date/Time: March 10, 2015 7:00-8:30pm

Dr. Redgrave was educated at St. John's College in Annapolis, MD and Santa Fe, NM. He graduated from Johns Hopkins School of Medicine in 1999, completed a year of internal medicine training at Johns Hopkins Bayview Medical Center followed by a general psychiatry residency, finishing in 2003. He joined the faculty immediately thereafter.

His clinical work focuses on eating disorders but also includes work in mood, anxiety, personality and substance use disorders. He sees outpatients and also works on the inpatient eating disorders service for part of the year. His research work has included clinical outcomes research and neuroimaging

of anorexia, bulimia, and Huntington's disease. He is also the residency training director, helping to turn newly minted MDs into psychiatrists.

Graham's interest in Waldorf education dates back to college, when he and his girlfriend, now wife and WSB Children's Garden teacher, Ms. Redgrave, had several friends who were educated at Waldorf schools. He has had three children learn and grow through Waldorf education (Nora - the youngest - is currently in 7th grade with Mr. Bufano). He served on the Board of Trustees for five years, and was President for two years from 2007-2009.



"Substance abuse"

Speaker: Mike Gimbel
Date/Time: April 21, 2015 7:00-8:30pm

Mike Gimbel has been in the field of substance abuse education, prevention, intervention and treatment for over 30 years. He is currently the President of Mike Gimbel Associates, a national substance abuse consulting company.

Currently Mike is working with the National Collegiate Athletic Association (NCAA) on providing substance abuse education to the nations college athletics.

In his previous role as the Drug Czar for Baltimore County Government and Director of Substance Abuse for the Sheppard Pratt Health System, Mike has won numerous awards including 8 National Association of Counties achievement awards, the FBI Community Leadership Award, Commendations from the National Commission Against Drunk Driving

and Congressional Achievement Award. Recently Mike received the Daily Record's Health Care Hero Outreach Award for 2011 and was presented with a Honorary Life Membership Award with the National PTA.

Mike served on the Students Against Destructive Decisions (SADD) national board of directors and was an advisor to the Johns Hopkins University School of Public Health's Fellowship program on drug abuse.

Mike hosts a substance abuse education television show called Straight Talk, which is seen every Sunday in the Baltimore area. Mike is frequently called upon by local, state and national media as one of the nation's most knowledgeable experts on substance abuse.