

Raising Confident and Competent Kids:  
Fostering Self-Esteem and Resilience  
Zoya Popivker, DO  
Thursday, September 19<sup>th</sup>, 2024  
12:00 PM – 1:00 PM  
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Empowering Parents: Setting Limits  
with Love and Consistency  
Scott Falkowitz, DO  
Thursday, October 24<sup>th</sup>, 2024  
12:00 PM – 1:00 PM  
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Beyond the Prescription: A Parent's Guide  
to Safe Medication Practices  
Kevin Qosja, MD/Scott Falkowitz, DO  
Thursday, November 21<sup>st</sup>, 2024  
12:00 PM – 1:00 PM  
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The Power of Belonging: Helping Kids  
Thrive in Social Settings  
Anne Van der Veer  
Thursday, December 12<sup>th</sup>, 2024  
12:00 PM – 1:00 PM  
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Striking a Balance: Healthy Screen  
Habits in the Digital Age  
Thursday, January 9<sup>th</sup>, 2025  
12:00 PM – 1:00 PM  
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Supporting Your Child in Athletics  
Thursday, February 13<sup>th</sup>, 2025  
12:00 PM – 1:00 PM  
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Managing Academic Stress  
Thursday, March 13<sup>th</sup>, 2025  
12:00 PM – 1:00 PM  
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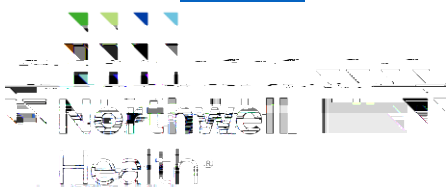
Sleep Well, Learn Well: Healthy Sleep Habits for  
Children and Teens  
Thursday, April 10<sup>th</sup>, 2025  
12:00 PM – 1:00 PM  
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Parent Management Training  
Thursday, May 8<sup>th</sup>, 2025  
12:00 PM – 1:00 PM  
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Life After High School  
OPWDD, OMH, PRE-ETS, ACCES  
Thursday, June 5<sup>th</sup>, 2025  
12:00 PM – 1:00 PM  
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