



## 2016 Annual Teen Symposium Workshop Selections

MORNING SESSIONS		
Workshop Title	Workshop Description	Code
<b>Baby Signs: Using Sign Language with Your Baby</b> <i>Presenter: Keri Giordano</i>	Learn how to communicate with your baby before she/he can talk! In this session you will learn basic sign language and strategies to teach your baby so you can begin to communicate before your baby can speak.	AM 1
<b>Be a Super Parent: Find Your Superpower Within</b> <i>Presenters: Jeff Segal &amp; Nacie Arnold</i>	Raising children can be an overwhelming experience. In this workshop, parents will learn that by taking care of themselves emotionally, they can be the best parent to their children. Come learn stress management techniques, positive discipline strategies and how to manage your emotions when parenting becomes challenging.	AM 2
<b>Am I The Man I Saw Growing Up?</b> <i>Presenters: Bruce Boyd &amp; C'Andrea Daniels</i>	Are you repeating a positive or negative cycle for their child? This workshop helps young men identify positive and negative character traits that were transferred to them growing up. Learn to identify bad habits and how to turn them into positive habits to improve your parenting skills.	AM 3
<b>Face on Fleek: Make-up Tutorial</b> <i>Presenter: Catharine Paterno</i>	Come learn step-by-step make-up tips for an everyday look. Participants will be able to take notes and ask questions or practice applying their own make-up along with the instructor. Please note, make-up will NOT be provided and is not required to attend this session. While participants may choose to bring their own make-up, it is not necessary. Each participant will receive a small compact mirror.	AM 4
<b>Protect Yourself! Be Safer Online</b> <i>Presenter: Lynne Wilson-Bruchet</i>	It's no secret teens are engaged in on-line activities every day but do you really know how to protect your identity online? This workshop will cover several safety issues including: Privacy and identity protection, Safer posting, "Sexting" and "Sextortion" and Child pornography and sexual exploitation.	AM 5
<b>Truth Talk: Learning to say goodbye to negativity</b> <i>Presenters: Erica Stanley &amp; Cathy Victor</i>	Eliminate negative talk and remove harsh labels that may have followed you from your past. Let's tell the truth about Teaching how to love ourselves including all of your flaws.	AM 6



PARENT  
LINKING  
PROGRAM

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AFTERNOON SESSIONS		
Workshop Title	Workshop Description	Code
<b>Can you Dab? I mean Dance.</b> <i>Presenter: Jeanette Alcantara</i>	Have fun while moving to upbeat, high energy music. Learn the importance of incorporate physical activity into your everyday life to reduce stress and promote health and improve your overall well-being. <b><i>This workshop is for parenting teens only. Pregnant teens cannot participate.</i></b>	PM 1
<b>My Life Plan with Ricky Roberts</b> <i>Presenters: Ricky Roberts III</i>	Spend the afternoon with the keynote speaker as you share goals and identify what it will take to reach them. You will also discuss what can distract you from achieving goals, living to your fullest potential, and ways to avoid those distractions.	PM 2
<b>Martial Arts Self Defense</b> <i>Presenters: Roger Borshe &amp; Diego Araujo</i>	Learn some practical self-defense techniques from a martial arts expert! The workshop will include practicing mindfulness and strategies for protecting oneself if confronted by an aggressor. <b><i>This workshop is for parenting teens only. Pregnant teens cannot participate.</i></b>	PM 3
<b>Snack Attack: Snacks that are good for you and your pockets</b> <i>Presenters: Joanne Bodnar &amp; Kristen Farhat</i>	This workshop will help parents to provide creative nutritious snack and lunch ideas for young children that are easy on your pockets.	PM 4
<b>Presenting the Best You! Job interviewing success</b> <i>Presenter: Disadra Adams</i>	Looking to land that job? Then this is the training for you. Learn how their talents, strengths and interest can translate into a job. You will leave the workshop with handouts, sample resumes and a list of jobs that pay well based on the skills you currently have.	PM 5
<b>Using Yoga to Manage Your Stress</b> <i>Presenter: Sa Mut A. Scott</i>	Need to unwind? Learn to use gentle yoga, self-regulation enhancements, and stress management practices with M.Y. Wellness Coaching.	PM 6