



Parent Communication Network

Edina PCN *ewsline*



Edina Parent Communication Network
Quarterly Newsletter
Winter Issue 2008

PCN National Speaker, Mon, Feb 4, 2008, 7-9PM **Mary Pipher PhD**—Cultural Anthropologist, Therapist, Writer and Speaker **Edina Performing Arts Center, EHS**

Dr. Mary Pipher received her BA in Cultural Anthropology at the University of California Berkeley in 1969 and her PhD in Clinical Psychology from the University of Nebraska in 1977. She received the American Psychological Association Presidential Citation in 1998 and in 2001 and was a Rockefeller Foundation Scholar in Residence at Bellagio, Italy.

Dr Pipher's work combines her training in both the fields of psychology and anthropology. Her special area of interest is how American culture influences the mental health of its people.

Dr. Pipher has **appeared** on the **Today Show, 20/20, The Charlie Rose Show**, the **Newshour with Jim Lehrer**, and **National Public Radio's Fresh Air**. She has written articles for **Time Magazine**, *Hope*, *Psychotherapy Networker*, *The Journal of Family Life*, and many other publications. Her accomplishments include **author of three New York Times bestsellers**, including *The Shelter of Each Other*, *Reviving Ophelia* and *Another Country*.

Dr. Piper travels all over the world sharing her ideas with schools, community groups and health care professionals. She tells many stories and offers positive, common sense suggestions for protecting families and linking them to supportive resources. Her down-to-earth messages of hope and resilience inspire people to work together to build a better community.

The Shelter of Each Other examines the effects of the culture on families and explores how the loss of community and the proliferation of media and technology have hurt our oldest institution. On this night, she will share more than 20 years experience in her field and examine what's going on with our kids – and what we can do to help. Her extensive work with families provides her with a wealth of anecdotal stories as well as researched-based strategies for rebuilding the family. Some positive actions families can take include:

- Making conscious, careful choices about what they will consume from the broader culture;
- Seeking out that which is good and beautiful;
- Stressing the importance of community and encouraging multi-generational interaction, and;
- Establishing formal or informal parent groups which strengthen families against continually growing cultural influences.

Happy 10th Anniversary

PCN Calendar

*Buy your tickets soon-
we expect a sell-out!*

NATIONAL SPEAKER FORUM

Mary Pipher, PhD

The Shelter of Each Other: Building Families for the New Millennium

Feb 4, 2008, 7-9 PM
EHS Performing Arts Center

Tweens, not Teens: Treasuring the Transition

*Wendy Paulson,
Licensed Parent Educator*
March 3, 2008, 7-9 PM
Highlands Elementary

Transition to Kindergarten

March 13, 2008, 7-9 PM
Edina Community Center

Friendship 101: Seeking and Maintaining Healthy Friendship

*Laurie Denn, MA and
Jean Breitenbacher, LP*
April 21, 2008, 7-9 PM
Countryside

November Forum Recap

Navigating the Turbulent Teen Years Roxanne Lehmann, PhD

Parenting well during the precarious and pivotal teen years requires parents to act proactively. During the second Edina PCN presentation of 2007-2008 school year, Dr. Lehmann described the tight-rope parents walk in attempt to parent teens well. She described adolescence as an “in-between” stage in which teens lack the experience and brain development to make adult-wise decisions. The incomplete wiring of the prefrontal cortex and hormonal fluctuations are linked to quickness of anger, poor impulse control, and the tendency of teens to take risks, while they battle for their independence.

Dr. Lehmann emphasized that it is important during this unbalanced time for parents to build a safety net for their teen. Ultimately, teens still want their parents involved in their decisions, however parents tend to want more control than their teens are willing to accept. Raising a teen requires parents to stay connected, make rules, talk openly about the big topics, help them to learn from their mistakes, and guide them in reaching their full potential. Dr. Lehmann suggests parents must be an “interactive consultant” for their teen. Avoid trying to micromanage their lives, being their “best” friend or being an inactive bystander. Most effective parents give up their role as manager, which worked well during the earlier years, and get rehired as a proactive consultant by mentoring, modeling ideal behavior, organizing home life and teaching skills. Parenting teens is hard, humbling work. Parental influence is crucial. You can learn how to weave a strong safety net by:

- honoring your teen’s agenda to extend away, but staying connected
- keeping the conversations going, so that you can help with their brain training and manage risks
- being a proactive consultant by taking a lead role.



From the Edina Family Center



You may join any of the following on-going classes; fees will be prorated. Or you may pay \$12 per class and come when your schedule permits. We welcome your participation at any time.

Beyond ECFE

School Age Parenting Classes

Beyond ECFE classes meet once a month either at the Edina Community Center or an Edina School. Jean Breitenbucher LP, Licensed Parent Educator, guides the discussion and provides information based on research and knowledge of child development and family education. Group discussion allows parents to share their challenges, experience and wisdom.

PE5-1&2 Parenting Your Kindergartner Wed 10-11:30 AM or 1-2:30 PM ECC Room 100, Jan 9, Feb 6, Mar 5, Apr 9

PE67-1 Parenting the 1st-2nd Grader Wed 1-2:30 PM ECC Room 165, Jan 16, Feb 20, Mar 19, Apr 23

PE811-1 Parenting the 3rd-5th Grader Tues 1-2:30 PM ECC Room 135B, Jan 15, Feb 19, Mar 18, Apr 22

PE1115-1 Parenting the 6th-9th Grader Thurs 12-1:30 PM South View Middle School, Jan 17, Feb 21, Mar 20, Apr 24

PE1115-2 Parenting the 6th-9th Grader Tues 11:30-1 PM Valley View Middle School, Jan 8, Feb 12, Mar 11, Apr 15, May 6

New Evening Offerings:

EPE1 Parenting Your Elementary Age Child with Anne Carlson, Licensed Parent Educator
Tues 6:30-8 PM ECC Room 120, Feb 5, April 8

EPE3 Parenting Your Middle School and High Schooler with Marti Gilman, Licensed Parent Educator
Thur 6:30-8 PM ECC Room 120, Feb 7, April 10

EPE4 Parenting the Spirited Child (All Ages) Mon 6:30-8 PM ECC Room 120 (Once-a-month), Jan 7, Feb 11, Mar 24, Apr 2

Workshops:

Safety Skills for a New Generation: February 7, 2008 6:30-8:00 PM, ECC Room 165, \$15/Individual \$25/TwoSome

Children’s Mental Health: February 21, 2008 6:30-8:00 PM, ECC Room 165, \$15/Individual \$25/TwoSome

Transition to Middle School: February 28, 2008 6:30-8:00 PM, ECC Room 350, \$15/Individual \$25/TwoSome

Transition to High School: March 6, 2008 6:30-8:30 PM, ECC Room 350, \$15/Individual \$25/TwoSome

To register on-line for any of these classes or workshop; go to www.edina.k12.mn.us/community/familycenter or call 952-848-3949

PCN National Speaker—continued

“Her canny mix of optimism and practicality gives a way to resist the worst of the culture and to substitute the best of ourselves.”
Newsweek

“Pipher’s book generates a feeling of warmth and a sense of possibility....What families need today is hope and her book succeeds in showing how to build it.” The Milwaukee Journal-Sentinel

“Mary Pipher tackles a huge subject, the troubled American family. That she would take on such a big topic is a feat in itself; that she does it so well, with insight, humor, and sensitivity, is nothing short of astounding.”—The Boston Globe

TICKET SALES Tickets are on sale. Contact your school liaison or visit our website www.edinapcn.com. Scholarship tickets available through your school social worker.



Parent Communication Network

Edina PCN

Proudly Presents

Dr. Mary Pipher

The Shelter of Each Other:

Building Families for the New Millennium

Monday, Feb. 4th, 2008 7-9 PM

Edina Performing Art Center, Edina High School

Dr. Pipher has authored six books on the impact of American culture on families, including best sellers, *The Shelter of Each Other*, *Reviving Ophelia*, and *Another Country*.

Mary will challenge us to find the courage to protect, nurture, and revive the family we cherish. Her down-to-earth stories will offer positive, common-sense suggestions for protecting our families and inspire us to work together to build a better community.



This event is made possible through a generous grant from the Edina Education Fund.

“ It is in the shelter of each other that the people live.” Irish proverb

Tickets:

\$15 in advance
\$20 at the door

Scholarships are available—contact your school social worker

TO PURCHASE TICKETS:

1. Fill out the form below.
2. Mail in to PCN.
3. Tickets will be sent to you within 2 weeks.

Check www.edinapcn.com for directions and weather updates.

TICKET REGISTRATION FORM

Mail to: **PCN, 5701 Normandale , Edina, MN 55424**

Name: _____

Address: _____

Phone: _____ email: _____

Number of Tickets @ \$15/ticket: _____ Total Submitted: _____

Make checks payable to Edina PCN.

OFFICE USE ONLY

Date Received: _____

Date Tickets Sent: _____

Ticket #: _____

A PCN Brief History of National Speaker Events

- 1999 Jim Fay "Parenting with Love and Logic"
- 2000 Stephen R. Covey "Seven Habits of Highly Effective Families"
- 2001 Robert Brooks "Raising Resilient Children"
- 2002 Michael Riera "Communicating with Teens"
- 2003 Barbara Coloroso "The Bully, The Bullied and The Bystander"
- 2004 Dan Kindlon "Overindulgence, Too Much of a Good Thing"
- 2005 Robert Brooks "The Power of Resilience"
- 2006 Michael Gurian "Boys and Girls Learn Differently"
- 2007 James Garbarino "Parenting Through Today's Social Challenges"
- 2008 Mary Pipher "The Shelter of Each Other: Building Families for the New Millenium"



The Edina Education Fund invites you to a "Show and Tell Luncheon"

Edina Education Fund

Monday January 28
 "Show & Tell" Lunch & Program
 Registration and Demos at 11:30 AM
 Program 12:00 – 1:00 PM
 Edina High School
 Enter Door #7
 Call the Ed Fund office at 848-4224 for reservations.

PCN Board 2007-2008

President	Theresa Brunker
President Elect	Leah Lindgren
Past President	Liz Abt Ellenberger
Secretary	Carolyn Jackson
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Communications/Marketing Chair	Cathy Groat
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National Speaker Co-Chairs	Beth Webert
	Kelli von Heydekampf
Program Operations Coordinator	Kristin King Hauser
Research Coordinator	Becky Lindberg
ECFE Staff Liaison and Newsletter Editor	Jean Breitenbacher

PCN School Liaisons

Concord Elementary

Beth Webert 929.4226
 Peggy Jessen 924.0276

Cornelia Elementary

Michele Hellickson 915.9941
 Katy Campbell 922.1476

Countryside Elementary

Jayne Tuttle 920.1329
 Carolyn Jackson 836.1770

Creek Valley Elementary

Kelli von Heydekampf 829.0114
 Kristen Walkup 944.2533

Highlands Elementary

Mertyce Mrvos Sudeith 922.1901
 Gwen Smith 927.6922

Normandale Elementary

Ellen Klos 929.4568
 Becky Lindberg 929.0715

Our Lady of Grace

Lori Wagener 922.7611
 Amy Pumarlo 929.9660

South View Middle School

Teresa Luterbach 926.1991
 Betsy Kitslaar 928.9440

Valley View Middle School

Kelly Jasper 926.2626
 Ann Lagorio 930.3382

Edina High School

Liz Abt Ellenberger 927.0698
 Cathy Burley 926.9579

ECFE Liaison

Mary Kerr 946.9681

For general questions or feedback,
 please contact:

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 PCN President
 952-925-2685

Email: contact@edinapcn.com