

# Create a Healthy School Climate with Engaged Families

## Parent Education Opportunities

presented by Authentic ME

At Authentic ME, we recognize the critical role parents play in supporting their children, and the important role that engaged families have on student outcomes. Consequently, our goal is to provide parent education that supports, informs, and empowers parents with the tools they need to thrive as parents as well as the tools they need to help their children thrive. Therefore, we provide high-quality, informative parent presentations such as:

- **Clarity in Complicated Times**  
Tips and Tools for Navigating Today's Parenting Challenges
- **The Other Three R's**  
Keys to Developing Relationships, Respect and Resiliency
- **Mean Girls? Understanding and Coping with Relational Aggression**  
Eye Rolling, Drama, and Exclusion ... What can we do?
- **Helping Girls Thrive in Adolescence**  
A Toolbox for Helping to Create a Strong Sense of Self



Workshop presenter **Mary Ellen Young**, is the co-founder and current Director of Programs for Helping Girls Navigate Adolescence (HGNA), a Downers Grove based non-profit organization that has provided programs to parents and girls for the past 12 years. She is a former Family Advocate for a statewide grant program for the implementation of social emotional learning standards in schools and co-chaired the Best Practices Committee of the DuPage County Anti-Bullying Task Force. Recently she co-authored a self-discovery book for adolescent girls, *ELEMENTS for girls*, available at [www.authenticme.biz](http://www.authenticme.biz), [www.amazon.com](http://www.amazon.com) and select area bookstores. Mary Ellen is also co-writing a parenting book based on research-based best practices and can be reached via mail: [maryellen@authenticme.biz](mailto:maryellen@authenticme.biz).