2019-2020 Parent Education
All Parent Education Events are held at Charles Armstrong School.
www.charlesarmstrong.org

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<tr>
<th>DATE</th>
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</table>
| Thursday, August 29           | **Coffee & Chat for Middle School Families with De Shan Lett**  
| 8:30am-9:30am                 | RSVP to Susanna Bonetti: sbonetti@charlesarmstrong.org                                                                                     |
| Friday, September 6           | **UCSF Initiative & Partnership, with Karen Kruger**  
| 8:30am-9:30am                 | RSVP to Susanna Bonetti: sbonetti@charlesarmstrong.org                                                                                     |
| Monday, September 16          | **Understanding Dyslexia:** This is an important foundation class for all new and returning parents with Jessica Miller & Team  
| 8:30am-9:30am                 | RSVP to Susanna Bonetti: sbonetti@charlesarmstrong.org                                                                                     |
| Friday, October 4             | **Middle School Math program with Sarah Fox & Mariah Pospisil**  
| 8:30am-9:30am                 | RSVP to Susanna Bonetti: sbonetti@charlesarmstrong.org                                                                                     |
| Friday, October 11            | **8th Grade Families High School Process : Check-in with Lora Buchler, De Shan Lett, Margie Curran & Jessica Miller**  
| 8:30am-9:30am                 | RSVP to Susanna Bonetti: sbonetti@charlesarmstrong.org                                                                                     |
| Friday, October 18            | **Language in Small Groups with Literacy Team**  
| 8:30am-9:30am                 | RSVP to Susanna Bonetti: sbonetti@charlesarmstrong.org                                                                                     |
| Monday, October 21            | **ADHD support group**  
| 8:30am-9:30am                 | RSVP to Tara Saul: tarasaul@comcast.net                                                                                                     |
| Monday, October 28            | **Health Education, 5-8th Grades Families only--Introduction with Nick Peruzzaro**  
| 8:30am-9:30am                 | RSVP to Susanna Bonetti: sbonetti@charlesarmstrong.org                                                                                     |
| Monday, November 4            | **Coffee & Chat for Lower School Families with Katie Lyslo & Jessica Miller**  
| 8:30am-9:30am                 | RSVP to Susanna Bonetti: sbonetti@charlesarmstrong.org                                                                                     |
# 2019-2020 Parent Education

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<tr>
<td>Friday, November 15 8:30am-10:30am</td>
<td><strong>LD Simulation:</strong> This hands on experience is designed to increase awareness of the frustrations that people with dyslexia encounter daily. Limited to 50 people. RSVP to Susanna Bonetti: <a href="mailto:sbonetti@charlesarmstrong.org">sbonetti@charlesarmstrong.org</a></td>
</tr>
</tbody>
</table>
| Friday, November 22 8:30am-9:30am | **Overview of Middle School for Lower School Families with Jessica Miller & De Shan Lett**  
RSVP to Susanna Bonetti: sbonetti@charlesarmstrong.org |
| Wednesday, December 11 11:30am-12:30pm | **Lunch & Learn--Equity & Inclusion with Mariah Pospisil & Jessica Miller**  
RSVP to Susanna Bonetti: sbonetti@charlesarmstrong.org |
| Friday, January 10 8:30am-9:30am | **7th Grade Families only--High School Process with Jessica Miller, Lora Buchler, De Shan Lett & Margie Curran**  
RSVP to Susanna Bonetti: sbonetti@charlesarmstrong.org |
| Friday, January 24 8:30am-9:30am | **Coffee & Chat about ADHD with Sarah Fox**  
RSVP to Susanna Bonetti: sbonetti@charlesarmstrong.org |
| Monday, February 3 8:30am-9:30am | **ADHD support group**  
RSVP to Tara Saul: tarasaul@comcast.net |
| Friday, February 7 8:30am-9:30am | **8th Grade Families High School Process : Check-in with Lora Buchler, De Shan Lett, Margie Curran & Jessica Miller**  
RSVP to Susanna Bonetti: sbonetti@charlesarmstrong.org |
# 2019-2020 Parent Education

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<tr>
<td>Friday, March 6 8:30am-9:30am</td>
<td><strong>Coffee &amp; Chat--TBA</strong>&lt;br&gt;RSVP to Susanna Bonetti: <a href="mailto:sbonetti@charlesarmstrong.org">sbonetti@charlesarmstrong.org</a></td>
</tr>
<tr>
<td>Thursday, March 26 8:30am-10:00am</td>
<td><strong>High School Fair</strong>&lt;br&gt;Bay Area School Admissions staff will be on campus to answer your questions about their schools.&lt;br&gt;RSVP to Susanna Bonetti: <a href="mailto:sbonetti@charlesarmstrong.org">sbonetti@charlesarmstrong.org</a></td>
</tr>
<tr>
<td>Thursday, March 26 9:30am-10:30am</td>
<td><strong>Mandatory 7th Grade Families Meeting: Preparing for the Transition to High School.</strong>&lt;br&gt;Facilitators: Lora Buchler, De Shan Lett &amp; Jessica Miller&lt;br&gt;RSVP to Susanna Bonetti: <a href="mailto:sbonetti@charlesarmstrong.org">sbonetti@charlesarmstrong.org</a></td>
</tr>
<tr>
<td>Friday, April 24 8:30am-9:30am</td>
<td><strong>Coffee &amp; Chat--TBA</strong>&lt;br&gt;RSVP to Susanna Bonetti: <a href="mailto:sbonetti@charlesarmstrong.org">sbonetti@charlesarmstrong.org</a></td>
</tr>
<tr>
<td>Friday, May 1 8:30am-9:30am</td>
<td><strong>5th Grade Families--Rising 6th Graders,</strong>&lt;br&gt;with Jessica Miller, De Shan Lett, Katie Lyslo &amp; Faculty&lt;br&gt;RSVP to Susanna Bonetti: <a href="mailto:sbonetti@charlesarmstrong.org">sbonetti@charlesarmstrong.org</a></td>
</tr>
<tr>
<td>Monday, May 4 8:30am-9:30am</td>
<td><strong>ADHD support group</strong>&lt;br&gt;RSVP to Tara Saul: <a href="mailto:tarasaul@comcast.net">tarasaul@comcast.net</a></td>
</tr>
<tr>
<td>Friday, May 15 8:30am-9:30am</td>
<td><strong>Summer Literacy Training with Literacy Team</strong>&lt;br&gt;RSVP to Susanna Bonetti: <a href="mailto:sbonetti@charlesarmstrong.org">sbonetti@charlesarmstrong.org</a></td>
</tr>
<tr>
<td>Event</td>
<td>Date</td>
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<tr>
<td>Navigating the Tides of Adolescence: Star Vista’s Mental Health Panel</td>
<td>Tues. Sept 17</td>
</tr>
<tr>
<td>The Years That Matter Most: How College Makes or Breaks Us</td>
<td>Thurs. Oct 3</td>
</tr>
<tr>
<td>Anxious Kids, Anxious Parents: Interrupting the Worry Cycle</td>
<td>Tues. Oct 15</td>
</tr>
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<td>Tues. Oct 15</td>
</tr>
<tr>
<td>The Like Movie: The Impact of Social Media On Our Lives</td>
<td>Tues. Oct 22</td>
</tr>
<tr>
<td>The New Normal: Parents, Teens, Screens, And Sleep</td>
<td>Mon. Nov 4</td>
</tr>
<tr>
<td>Late Bloomers: Patience for Alternative Paths</td>
<td>Tues. Nov 12</td>
</tr>
<tr>
<td>Under Pressure: Confronting Stress and Anxiety in Girls</td>
<td>Tues. Dec 10</td>
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[www.commongroundspeakersisters.org](http://www.commongroundspeakersisters.org)
Please join us! All Common Ground Speaker Series events are free of charge to the parents, faculty and staff of our member schools. Adults not affiliated with a member school may attend for a $20 fee at the door. Doors open 30 minutes prior to events and books may be purchased on site in partnership with Books, Inc.

BIASED
How Unconscious Bias Shapes Behavior
JENNIFER EBERHARDT, PhD
In Conversation with JULIE LYTHCOTT-HAIMS
Wed. Jan 15, 7:00pm
Sacred Heart Preparatory
150 Valparaiso Ave
Atherton

CHANGING THE GAME
Giving Youth Sports Back to Our Kids
JOHN O’SULLIVAN
Mon. Jan 27, 7:00pm
Crystal Springs Uplands
Middle School Campus
10 Davis Dr
Belmont
Tues. Jan 28, 9:30am
Saint Andrew’s School
Saratoga
Tues. Jan 28, 7:00pm
Woodside Priory School
Portola Valley

IS IT LD/ADHD, ANXIETY OR BOTH?
Children’s Health Council Panel Discussion
Wed. Feb 12, 7:00pm
Menlo School
50 Valparaiso Ave
Atherton

MODERN MASCULINITY
Raising a Stand-Up Guy Not a Stand-By Guy
JACKSON KATZ, PhD
Tues. Feb 25, 7:00pm
Junipero Serra High School
451 W 20th Ave
San Mateo
Wed. Feb 26, 7:00pm
St. Francis High School
1885 Miramonte Ave
Mountain View

HOW TO RAISE A BOY
Nurturing the Emotional Lives of Our Sons
MICHAEL REICHERT, PhD
Wed. Mar 4, 9:30am
Harker School Middle School Campus
3800 Blackford
San Jose
Wed. Mar 4, 7:00pm
Trinity School
2650 Sand Hill Rd
Menlo Park

WE NEED TO TALK
How to Have Conversations That Matter
CELESTE HEADLEE
Tues. Mar 24, 9:30am
The Nueva School
Bay Meadows Campus
131 E. 28th Ave
San Mateo
Tues. Mar 24, 7:00pm
Bowman School
4000 Terman Dr
Palo Alto

www.commongroundspeakersseries.org
Our Mission
To remove barriers to learning, helping children and teens become resilient, happy and successful at home, at school and in life.

All Community Education classes are listed on chconline.org/community-education

<table>
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<tr>
<th>DATE</th>
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<tbody>
<tr>
<td>September 5</td>
<td><strong>The Best Kind of Discipline: How Behavioral Parent Training Can Transform Your Home Life</strong></td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td></td>
</tr>
<tr>
<td>September 15</td>
<td><strong>SteelMike Shootout</strong> Save the date for the fourth annual SteelMike Shootout, celebrating the life of Michael Harris and his passion for adolescent mental health. The 3-on-3 basketball tournament raised much needed funds for Dialectical Behavior Therapy (DBT) training programs for CHC clinicians, ultimately providing more kids, teens, educators and families with these life-changing (often life-saving) skills.</td>
</tr>
<tr>
<td>9:30am-2:00pm</td>
<td></td>
</tr>
<tr>
<td>September 25</td>
<td><strong>Executive Functioning Intensive Series For Parents</strong></td>
</tr>
<tr>
<td>(Palo Alto)</td>
<td><strong>Workshop 1: What is Executive Functioning?</strong></td>
</tr>
<tr>
<td>September 26</td>
<td>What educational and social-emotional domains does it impact? What is the best research on the developmental maturation/age for Executive Functioning and so what is being expected of neurotypical children. What is the impact of a delayed maturation of the Executive Functioning system and what does that look like?</td>
</tr>
<tr>
<td>(South Bay)</td>
<td>11:30am-1:30pm</td>
</tr>
<tr>
<td>October 9</td>
<td><strong>Executive Functioning Intensive Series For Parents</strong></td>
</tr>
<tr>
<td>(Palo Alto)</td>
<td><strong>Workshop 2: What is Executive Functioning?</strong></td>
</tr>
<tr>
<td>11:30am-1:30pm</td>
<td>Strategies will be offered for each of the domains and levels involved in Executive Functioning. Involves evidence based strategies that have been proven to mitigate detrimental impact as well as specific accommodations that effectively work around the delayed components. Strategies will include what and how to relate to the child and what and how to relate to the school.</td>
</tr>
</tbody>
</table>
Decoding Dyslexia—Support Groups

We are a group of parents and educators coming together once a month to offer support, share ideas and resources, and empower each other as we experience the successes and challenges of raising a child with dyslexia.

<table>
<thead>
<tr>
<th>DATE</th>
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</table>
| 4th Tuesday of the month, 7:30 – 8:30 pm | **Sonoma County**  
Where: On-line Zoom meeting, email Jennifer SyCip for an invite |
| Monday evenings, will vary because of the donated space. Meetings are posted on Eventbrite. | **Marin County**  
Where: Mantra Wines, 881 Grant Avenue, Novato, CA 94945 |
| The first Monday of each month at 6:00pm | **San Francisco**  
Where: 3600 21st Street (in the Recreation Room)  
San Francisco, CA 94114 |
| 3rd Monday of the month August to May | **North Peninsula**  
Where: Redwood Shores Library, Meeting Room A, 399 Marine Pkwy, Redwood City  
September 16: *Dyslexia Simulation & Group Discussion*  
October 21: *Understanding Dyslexia*  
November 18: *Dyslexia Specific IEP and 504 Plans* |
| 4th Wednesday of the month, August to May | **South Peninsula**  
Where: Mountain View Community Center, Willow Room, 201 Rengstorff, Mountain View, CA |
| Second Tuesday @ 7pm of every month | **Contra Costa**  
Where: Church of the Resurrection  
399 Gregory Lane, Pleasant Hill |
| 2nd Thursday evening of the month, 7:00-8:30 pm, September – May, unless otherwise noted. | **Tri-Valley**  
Where: Bella Vista Elementary School Library, 1050 Trumpet Vine Ln, San Ramon, CA 94582  
(3.7 miles from the I-580 Hopyard Exit) |

[www.decodingdyslexiaca.org](http://www.decodingdyslexiaca.org)  
[info@decodingdyslexia.org](mailto:info@decodingdyslexia.org)
PHP's mission is to help children and adults with special needs receive the support and services they need to reach their full potential by providing information, training, and resources to build strong families and improve systems of care.

www.php.com
2019-2020 PHP Support Group Topics

- Adult Children with Developmental Disabilities
- Advocacy in Education
- Anxiety and Mood Disorders
- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder
- Autism and Homeschooling Support Group
- Behavior that Challenges
- Cafecitos y Conversacion para Alma Especial
- Facilitated Communication Users Group: Loud Talking Fingers
- Fetal Alcohol Spectrum Disorder
- Japanese Families
- Learning Differences
- Mindfulness
- Older Child Adoption Support Group
- Parent Coffee
- Siblings for Adult Siblings
- Sibshops
- Vietnamese Families
GLOSSARY OF PROFESSIONALS

- **Audiologist** – measures hearing ability and provides services for auditory training; offers advice on hearing aids.

- **Educational Consultant** – gives educational evaluations; familiar with school curriculum but may have a background in special education issues.

- **Educational Therapist** – develops and runs programs for learning and behavior problems.

- **Learning Disabilities Specialist** – a teacher with specific training and credentials to provide educational services to students with learning differences and their teachers.

- **Neurologist** – looks for possible damage to brain functions (medical doctor).

- **Occupational Therapist** – helps improve motor and sensory functions to increase the ability to perform daily tasks.

- **Pediatrician** – provides medical services to infants, children, and adolescents; trained in overall growth and development including motor, sensory, and behavioral development (medical doctor).

- **Psychiatrist** – diagnoses and treats severe behavioral and emotional problems and may prescribe medications (medical doctor).

- **Psychologist (Clinical)** – provides psychological and intellectual assessment and treatment for mental and emotional health.

- **School/Educational Psychologist** – gives and interprets psychological and educational tests; assists with behavior management; provides counseling; consults with parents, staff, and community agencies about educational issues.

- **Speech and Language Therapist** – helps children with language and speech difficulties.

See the Referrals and LD Resources list on the Armstrong website.

www.charlesarmstrong.org
ONLINE RESOURCES

- Charles Armstrong School: www.charlesarmstrong.org
- Parents Education Network: www.parenteducationnetwork.org
- Common Ground: www.commongroundspeakerseries.org
- Parents Helping Parents: www.php.com
- The International Dyslexia Association: A non-profit dedicated to helping dyslexic individuals, their families, and their communities: www.interdys.org
- LD Online: www.ldonline.org
- All Kinds Of Minds: Provides programs, tools, and a common language for parents to help students with learning differences achieve success: www.allkindsofminds.org
- Learning Disabilities Assoc. of California: In-depth education and healthcare information: www.kidsource.com/LDA-CA
- Dyslexia The Gift: www.dyslexia.com
- Learning Disabilities of America: www.ldanatl.org
- Wrightslaw: Special Education Law and Advocacy Resource: www.wrightslaw.com
- Council for Exceptional Children: www.cec.sped.org
- Learning Ally: www.learningally.org
- Great Schools Net: www.greatschools.org
- Decoding Dyslexia California: www.decodingdyslexiaca.org
- Understood: www.understood.org
- National Center for Learning Disabilities: www.ncld.org
- Northern California IDA: www.norcal.dyslexiaida.org
- Yale Center for Dyslexia & Creativity: www.Dyslexia.yale.edu
- UCSF Dyslexia Center: www.dyslexia.ucsf.edu
- Academy of Orton-Gillingham Practitioners and Educators: www.ortonacademy.org
OUR MISSION

Charles Armstrong School unlocks the unique potential of students with dyslexia and related learning differences, changing the trajectory of their lives.

We Value:

*We are student-centered.*
Our instructional approach embraces neuro-diversity.
We nurture and celebrate individual strengths and talents.
We cultivate self-confidence and the joy of learning.

*We grow together.*
Our highly-trained faculty foster continuous student growth within a supportive environment.
We educate and actively partner with families.

*We honor community.*
Our students’ shared experience cultivates a sense of belonging.
Our families, faculty, and staff develop meaningful, lasting relationships.

Charles Armstrong School
1405 Solana Drive
Belmont, California 94002
Phone: 650-592-7570
Fax: 650-591-3114
www.charlesarmstrong.org