

COMING SOON...

IN PERSON PARENT WORKSHOPS AT

Susan Myket, Ph.D & Associates

A Child, Teen & Family Psychology Practice

2/5: DON'T TAKE MY PHONE!

How much technology and social media is too much? Is technology affecting social skills, mental and/or physical health? Are online friends better than no friends at all?

2/12: I'M NOT TIRED! I'LL SLEEP LATER!

How important is sleep hygiene in the world of mental health? Should I be letting my teenager sleep longer hours or should I worry about depression? At what age should bedwetting still be happening? Night terrors vs Nightmares and what can I do?

2/19: HELP! MY KID CAN'T PAY ATTENTION!

(with guest Dr. Jessica Zohrer) Why is my teenager so self absorbed? Why don't my kids listen to me? Why does my kid zone out when the teacher is giving directions? When should I get testing to see if my child has ADHD? Is ADHD only a childhood issue?

2/26: EXTRA LARGE LATTE WITH EXTRA SUGAR PLEASE!

What impact does an unhealthy diet have on my child's mental health and development? In a world full of caffeine and sugar, how do I ensure my child is making healthy food choices? Do unhealthy food choices impact my child's brain, body or behavior?

3/4: WHERE DO FOOD ALLERGIES AND FOOD SENSITIVITY FIT IN MY KID'S DAY TO DAY

How do we help normalize food sensitivities and allergies for kids in a culture that caters to "no food allergies". How can we empower our kids to advocate for their needs, make healthy food choices that are safe for them, and not feel like an outcast.

3/11: BULLYING. HOW TO ADVOCATE & RECOGNIZE.

What constitutes a bullying situation? How do I talk to my kids about bullying? What can I do as a parent to empower my child to advocate for themselves in a healthy and proactive way?

3/18: TRAGEDY & LOSS. HAVING THE HARD CONVERSATION WITH OUR YOUTH.

Life is hard and often full of many challenges. How much should we be disclosing to our kids? How do we know when our kids are scared and confused? How do I explain tragedy and loss to my child? What physical signs are apparent in kids who are struggling.



Join us for as many or as little sessions as you would like. Sessions will start in February and will run on Monday evenings from 7-8 pm. All sessions will include a presentation and Q&A session. Enrollment is open for parents of kids ages 3-21. Registration is open now and class size is limited! Don't delay it getting signed up!

All sessions are billable through insurance, and we are in network with BCBS PPO.

Please call 630-355-9002 ext 1 or email intake@myketandassociates.com to enroll



JANET MRYAN

Pediatric Nurse Practitioner

Susan Myket Ph.D. and Associates welcomes Janet Myran, Pediatric Registered Nurse to discuss important topics with parents in our community.