



Raising Confident and Competent Kids:  
Fostering Self-Esteem and Resilience

Zoya Popivker, DO  
Thursday, September 19<sup>th</sup>, 2024  
12:00 PM – 1:00 PM  
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Empowering Parents: Setting Limits  
with Love and Consistency

Scott Falkowitz, DO  
Thursday, October 24<sup>th</sup>, 2024  
12:00 PM – 1:00 PM  
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Beyond the Prescription: A Parent's Guide  
to Safe Medication Practices

Kevin Qosja, MD/Scott Falkowitz, DO  
Thursday, November 21<sup>st</sup>, 2024  
12:00 PM – 1:00 PM  
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The Power of Belonging: Helping Kids  
Thrive in Social Settings

Anne Van der Veer  
Thursday, December 12<sup>th</sup>, 2024  
12:00 PM – 1:00 PM  
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Striking a Balance: Healthy Screen  
Habits in the Digital Age

Thursday, January 9<sup>th</sup>, 2025  
12:00 PM – 1:00 PM  
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Supporting Your Child in Athletics

Thursday, February 13<sup>th</sup>, 2025  
12:00 PM – 1:00 PM  
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Managing Academic Stress

Thursday, March 13<sup>th</sup>, 2025  
12:00 PM – 1:00 PM  
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Sleep Well, Learn Well: Healthy Sleep Habits for  
Children and Teens

Thursday, April 10<sup>th</sup>, 2025  
12:00 PM – 1:00 PM  
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Parent Management Training

Thursday, May 8<sup>th</sup>, 2025  
12:00 PM – 1:00 PM  
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Life After High School  
OPWDD, OMH, PRE-ETS, ACCES

Thursday, June 5<sup>th</sup>, 2025  
12:00 PM – 1:00 PM  
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