We believe in a world where everyone can reach their promise and potential. Our mission is to remove barriers to learning, helping kids, teens and young adults become resilient, happy and successful at home, at school and in life. Our approach promotes Social Emotional Learning, academics, Executive Functioning and Physical Development. We serve families through our Center, Sand Hill School, Esther B. Clark School and Community Clinic.

CHC is here for you in the following ways:

**Help for ADHD**
- Evaluations
- Glen Elliott ADHD Program
- Talk therapy
- Behavior management for parents
- Medication management
- Behavior therapy
- Family therapy
- Executive Functioning Coaching Program
- Sand Hill School
- Esther B. Clark School
- Education for parents and professionals

**Help for Dyslexia and Learning Differences**
- Evaluations
- Social Emotional Learning program
- Executive Functioning
- Sand Hill School
- Esther B. Clark School
- Occupational therapy
- Speech and language therapy
- Education for parents and professionals

**Help for Autism**
- Evaluations
- Early Support Program for Autism (ESPA)
- Education for parents and professionals
- Occupational therapy
- Speech and language therapy
- Assistive technology

**Help for Anxiety and Depression**
- Evaluations
- Family therapy
- Teen therapy
- Cognitive Behavioral Therapy
- Teen Mental Health Initiative
- Education for parents and professionals

Call CHC for advice or an appointment at 650.688.3625. Ask about our free 30-minute consultations and our sliding scale.

**FREE 2016-2017 Community Education Classes**

about children and teens and how we can support them so they...

- learn better
- have a brighter future
- develop grit and resilience
- realize their dreams
- stop hurting
- feel better

For parents, teens, teachers, specialists and professionals. All classes held at CHC located off Sand Hill Road near Stanford Shopping Center and Stanford University unless otherwise noted. chconline.org/community-education

Dear Friends of CHC,

We’re looking forward to this wonderful year of Community Education classes, panels and discussions. There are many things that make this season the best ever. Here are just a few highlights:

- Wonderful guest speakers from Stanford, UCSF, Project Cornerstone, Outlet|Adolescent Counseling Services and Project Happiness, as well as panels of parents and teens who are living their lives and who have much to share with us all.
- Great classes on ADHD, Learning Differences, Autism, Behavior Challenges and Positive Parenting.
- A special series on Teen Anxiety, Depression and Suicide that runs throughout the year.
- A return of our teacher classes with new topics on Executive Functions and Social Emotional Learning.
- A series of two excellent classes presented by our very own Sand Hill School on ADHD, Anxiety and Learning Differences.

Enjoy scanning the schedule and please visit our website often for speaker updates and to register.

We look forward to seeing you at classes this year and as always we welcome your feedback.

My best,

Rosalie Whitlock, PhD
Executive Director
**Teacher Classes**

**Wednesday 4:30-6:00 p.m.**

**Executive Functions**

**October 5, 2016 and March 15, 2017**
Supporting the Executive Functions in the Classroom
Stephanie Cole, MEd, CHC

**ADHD**

**October 26, 2016 and May 10, 2017**
ADHD: Signs and Classroom Strategies
Ann Lyke, MEd, CHC and a Sand Hill School Teacher

**Social Emotional Learning**

**November 9, 2016 and March 29, 2017**
Social Emotional Learning: Best Practices
Sand Hill School Teachers

**Dyslexia and LD**

**January 18, 2017 and April 12, 2017**
Dyslexia and Learning Differences: Signs and Classroom Strategies
Sand Hill School Teachers

**Behavior**

**March 15, 2017**
Behavior Challenges In the Child Under 6
Kendra Evans, MSW, CHC

**May 3, 2017**
Family Dynamics with Challenging Kids
Lydia Flasher, PhD and Marcela Molina, LMPFT, CHC

**May 17, 2017**
Challenging Behavior: Identification and Response
Lydia Flasher, PhD, CHC

**IEPs**

**April 5, 2017**
Debunking the IEP Process
Chris Harris, MEd, CHC

**Positive Parenting**

**January 25, 2017**
Growing Up Male: It’s Not Easy
Chris Harris, MEd, CHC and panel

**March 8, 2017**
Social Emotional Learning for Life Success
Sand Hill School Teachers

**April 19, 2017**
Developmental Milestones of Early Childhood, Ages 0-6
Silviana Guerra, CHC

**April 26, 2017**
Executive Functions: What They Are and How to Support Them
Stephanie Cole, MEd, CHC

**Parent Classes**

**Wednesday 6:30-8:00 p.m.**

**Autism**

**September 14, 2016**
Autism Glass
Dennis Wall, PhD and the Wall Lab, Stanford University

**September 21, 2016**
Supporting Success for an Autistic Child, Ages 7-teen
Joan Baran, PhD and Gina Baldi, MEd, CHC

**September 28, 2016**
Supporting Success for an Autistic Child, Ages 0-7
Gina Baldi, MEd and Joan Baran, PhD, CHC

**ADHD**

**October 12, 2016**
Sand Hill School presents...
Signs of ADHD and How to Cope at Home
Glen Elliott, PhD, MD and Vivien Keil, PhD, CHC

**December 7, 2016**
Growing Up with ADHD
Glen Elliott, PhD, MD, CHC and Mark Elliott

**December 14, 2016**
Non-medication Intervention Strategies
Vivien Keil, PhD and Stephanie Cole, MEd, CHC

**Dyslexia and Learning Differences**

**November 2, 2016**
Does My Child Have a Reading Problem?
Sand Hill Teachers

**March 22, 2017**
Sand Hill School presents...
Dyslexia, LD and Anxiety
Robert Hendren, DO, UCSF School of Medicine

**Classes About Teens**

**September 7, 2016**
CHC and the Findings from the CDC Preliminary Report on Teen Suicide: A Community Discussion
Ramsey Khasha, PsyD, CHC

**October 19, 2016**
Project Happiness
Randy Baran, Founder and CEO

**November 16, 2016**
Suicide Survivors, Part 1
Panel Discussion

**November 30, 2016**
The Teenage Brain and Parenting with a Growth Mindset
Anne Eresman, MScW, Ed, Project Cornerstone

**January 4, 2017**
Being a Teen in the Valley
Teen Panel Discussion

**January 11, 2017**
Suicide Survivors, Part 2
Panel Discussion

**February 1, 2017**
Multicultural Perspectives on Raising Teens
Panel Discussion

**February 8, 2017**
How Are Teens Experiencing Sexuality?
An Introduction on LGBQ+ Youth for Parents
Anthony Ross, MS, Program Director, Outlet

**February 15, 2017**
How Are Teens Experiencing Gender?
An Introduction to Gender Diversity in Youth for Parents
Anthony Ross, MS, Program Director, Outlet

**February 22, 2017 at Moorpark**
Como es que los jóvenes experimentan la sexualidad? Una Introducción para Padres sobre la Juventud LGBQ+
Ruben Gil-Herrera, Education Coordinator, Outlet

**March 1, 2017 at Moorpark**
Como es que los jóvenes experimentan el género?
Una Introducción para Padres sobre la Diversidad de el Genero en Jóvenes
Ruben Gil-Herrera, Education Coordinator, Outlet

To sign up for classes, schedule a class at your organization or for questions visit chconline.org/community-education.

Taylor at 650.617.3812.

For an appointment with a CHC specialist visit chconline.org.

help@chconline.org.

650.688.3625

(650.688.3650 Espanol).

All classes held at CHC Palo Alto
650 Clark Way
Palo Alto, CA
or CHC Moorpark
2211 Moorpark Avenue
San Jose, CA

TEEN FRIENDLY!