



Minnetonka Parent Education

2008-2009 SCHOOL YEAR

- E-12 Parent Workshops and Events
- Resources for Parents
- Tonka CARES!



Working Together to Reduce
Underage Substance Use

PROVIDING FAMILIES WITH TOOLS TO SUCCEED



KNOW YOUR CHILD'S WORLD

For parents of
preteens and teens

So You're Having a Teen? — Parent Discussion

Michael Borowiak, MSW, LICSW

Monday, September 15, 12 noon–1:00 p.m., MME Media Center

Connection to family is one of the most important factors in a preteen/early teen's health and well-being. At a time when your child may be pushing back, discover what you can do to keep the communication lines open and the love flowing! Learn what behavior is normal for your adolescent, and hear what experts say about raising teenagers. Following the presentation, participate in a facilitated discussion about what works for other parents and what doesn't.

No fee. No registration. Free CEUs. Sponsored by MME PTA.

September is Eat.Talk.Connect Month



What is Eat.Talk.Connect?

September has been designated as Eat.Talk.Connect month. The Minnetonka and Hopkins school districts will again join together to encourage families to develop stronger connections by continuing (or creating!) the habit of sharing meals and engaging in meaningful conversation. This year's goal is to increase the number of shared meals to at least five to seven per week, and to focus on conversation and connecting. Studies support that connections to family and community are as important to our mental and spiritual health as food is to our physical health.

What are the benefits of sharing meals?

Research shows that children who share at least three meals every week with their families—without the distraction of TV and other technology—benefit in the following ways:

- They are 40–50% less likely to smoke, use drugs or alcohol, or engage in sexual activity.
- They have greater academic success. 40–50% of children eating regularly with their families have an A or B average.
- They eat more healthfully and experience fewer food-related issues such as obesity, anorexia or bulimia.
- They experience less stress and are significantly less likely to be depressed.
- They incorporate their family's values into their lives.

National Family Day—Share your time and connect with your kids during a family meal today!

Monday, September 22

This national celebration encourages families to regularly share meals as an effective way to stay connected. Can't gather at the supper table? Consider sharing dessert around the coffee table, or having breakfast at the counter! Be creative in how you get together and *connect* with your family. Find out more at www.tonkacares.org

The E-12 Parent Education Program collaborates with community partners including Tonka CARES, PTA/Os, district teachers, and parent educators to develop a program of speakers, classes, and events that may be of interest to parents in our district. Presenters are local, regional, and national experts, who address a wide range of topics helpful to caring adults with children of all ages. For further information, please call Shirley Snyder, Parent Education Program Manager, at 952-401-5056, or email shirley.snyder@minnetonka.k12.mn.us

LET'S TALK

*For mother–daughter
(ages 9–12) teams*

Growing Up: Mothers and Daughters Connecting

West Suburban Teen Clinic staff

Saturday, October 4, 9:00 a.m.–12 noon, DEC Rooms 208 and 209

Growing up female has its joys and challenges! Join us for a popular class that includes a morning of activities and discussions about healthy sexuality. Topics include identifying and naming body parts of both boys and girls, learning about puberty, and sharing stories about growing up. Snacks provided.

Cost: \$24/team. Limit: 10 teams. Course # 1-589-455-2. Register at www.minnetonkacommunityed.org

*For parents
(and caring adults)
with children from
preschool to grade 12*

Right from the Start: Parents as Sexuality Educators

Deborah Roffman, Author and Family Life Educator

**Monday, October 6, 7–8:30 p.m., Hopkins Center for the Arts, 1111 Mainstreet
(in downtown Hopkins between 11th and 12th Avenues)**

Even in today's media-saturated world, research demonstrates that parents and caregivers are the most significant influence in the lives of young people and are their most effective buffer against risk-taking behaviors. Deborah Roffman, nationally-known author and family life educator, will explore effective strategies for parents and caregivers as primary sexuality educators of their children from birth to the teen years. Ms. Roffman will share her insights, humor, and practical applications based on decades of experience working in the classroom, and with parents and professionals.

Sponsored by the West Metro Parent Education Collaborative: Breck, Chaska, Eden Prairie, Edina, Hopkins, Minnetonka, Wayzata, and West Suburban Teen Clinic. Cost: \$10/person; \$15/household. Scholarships available. Course #1-589-455-1. Register at www.minnetonkacommunityed.org or call 952-401-6812. Free CEUs.

★ **Don't Miss!**

*For parents of
preteens and teens*

Let's Talk Sooner Rather Than Later

Molly Snuggerud, West Suburban Teen Clinic

Tuesday, October 7, 11:30 a.m.–12:30 p.m., MMW Media Center

Meet in small groups with other parents to work on putting into words developmentally appropriate messages and accurate information to pass along to your preteen/teen on the topic of human sexuality.

No fee. No registration. Free CEUs. Sponsored by MMW PTA.

*For parents
with children in
grades K–2 and 3–5*

Parents Connecting Series #1: Let's Talk Sooner Rather Than Later

Molly Snuggerud, West Suburban Teen Clinic

Monday, October 13, Grades K–2: 9:30–10:30 a.m., Grades 3–5: 1:15–2:15 p.m., District Service Center lunchroom

Meet in small groups with other parents to work on putting into words developmentally appropriate messages and accurate information to pass along to your children on the topic of human sexuality.

No fee. No registration. Free CEUs. Sponsored by the Minnetonka elementary PTA/Os.

*For parents
with children
birth–5*

Fears and Worries: Helping Children Manage Stress and Anxiety

Dana Teller, Child and Family Support Specialist

Thursday, October 23, 6:30–8:00 p.m., DEC Room 110

Fear and worry is normal for children. Recognize how our bodies respond to stress and anxiety, and learn how to teach children coping and stress management skills. After attending this workshop, you will have a better understanding of your child's emotional responses.

Sponsored by ECFE Advisory Board. No fee. Free CEUs.

Registration required at 401-6812. Course #1-580-454-2

PARENTS — THE ANTIDRUG

*For parents of
elementary-age
students*

Exercise: The New “Miracle Grow” for the Brain and Success in School

Cathy Rude, MEd, Science Instructor and Parent Education Coordinator

Tuesday, October 28, 7–8:00 p.m., Minnewashta Elementary, Media Center

We have known for many years the importance of exercise to our physical health. Now new research is showing the importance of exercise related to brain function and learning in kids. Exercise is being called the “Miracle Grow” for kids’ brains in a new book called *SPARK*, by Dr. John Ratey. Explore the benefits of exercise on the brain as we watch a video presentation that focuses on simple changes taking place in schools and the workplace. Learn how parents can use some of the same techniques to increase their children’s academic learning, improve their attention span, reduce stress, battle ADHD and depression issues, as well as improve their overall health.

No fee. No registration. Free CEUs. Sponsored by Minnewashta PTO

*For parents of
elementary school
students*

Compassionate Kids: 10 Steps to Growing a Caring Child

Jenny Friedman, Author

Monday, November 10, 7–8:00 p.m., Deephaven Elementary, Media Center

Children have an innate capacity for kindness and compassion, but these values must be nurtured if they are to flourish in adulthood. Encouraging thoughtfulness is particularly important in a culture saturated with messages of materialism, cynicism and entitlement. This presentation explains how caring develops in children and how parents can teach those lessons. Included are 10 simple strategies for raising warm, curious children who understand the joy of compassion and service, and who meet the world with integrity.

No fee. No registration. Free CEUs. Sponsored by Deephaven PTA.

*For parents of
elementary school
students*

Catching Up with High-Tech Kids — Hands-on Lab

Dave Eisenmann, Minnetonka Technology Integration Specialist, and Media Specialists

Tuesday, November 11, 9:30–10:30 a.m., Deephaven Elementary Computer Lab, Kelli Whiteside

Tuesday, November 11, 1:15–2:15 p.m., Excelsior Elementary Computer Lab, Connie Kusche

Thursday, November 13, 7–8:00 p.m., Clear Springs Elementary Computer Lab, Mary Jane Narog

Do you know how to access popular websites such as Webkinz, Club Penguin, and YouTube? Have you explored the kid-friendly online resources available to families on Blackboard? Come to the computer lab and receive **hands-on assistance and instruction**. Monitoring where kids travel in cyberspace can be tricky, but is critical to their safety and future opportunities. Find out about potential risks associated with the wide-ranging technologies available and appreciate the significant role you play in teaching them how to be responsible and safe users of technology! Please call and register at 952-401-6812 so we can plan for everyone interested.

No fee. Sponsored by the Minnetonka Elementary Schools PTA/Os.

*For parents of
middle and high
school students*

What to Expect When You’re Expecting . . . (a Spring Break Trip to Mexico)

Parent panel discussion facilitated by Scott Washburn, counselor at MHS and Relate Counseling

Tuesday, November 11, 7–8:30 p.m., MHS, Small Auditorium

Spring trip planning to tropical climes is underway. Group trips have become popular for some MHS families, and traveling with young people in Mexico may be more of a cultural shift than you anticipated. Talk to parents who have “been-there, done-that,” and hear their tips for preparing for and traveling with teens outside of the U.S.

No fee. No registration. Free CEUs. Sponsored by MHS PTSA and Tonka CARES.

Do you have children ages birth–5? Minnetonka Community Education offers classes for parents and children through the Preschool, and Early Childhood and Family Education (ECFE) programs.

For more information, please call 952-401-6812, or visit www.minnetonkacommunityed.org



PARENTS — THE ANTIDRUG

For parents of middle school students

From Their Perspective — Teens Talk

Student panel discussion facilitated by Scott Washburn, counselor at MHS and Relate Counseling

Monday, November 17, 12 noon–1:00 p.m., MME Media Center

Hear from high school kids about the challenges and rewards of living a chemical-free life. Find out some of the key factors that helped them.

No fee. No registration. Free CEUs. Sponsored by MME PTA.

For parents of 13- to 25-year olds

Promoting Emotional Health in Teens: What Parents Can Do Right Now

Norman T. Berlinger, MD, PhD, adolescent psychotherapist and author of Rescuing Your Teenager from Depression

Thursday, November 20, 7:00–8:30 p.m., Hopkins High School, Room W230

Emotions and thoughts in teens can be difficult to understand. Actions parents take can make a difference. One can learn to promote character traits and strengths which science has already identified as being crucial for mental health. Signs and symptoms of trouble can be identified early. The teen brain is at a critical stage of development during these years. Learn strategies that parents can do right now to make a lasting difference in the emotional lives of their children.

Cost: \$8/person or \$12 per household at the door.

For parents with children in grades K-2 and 3-5

Parents Connecting Series #2: Helping Kids Develop Healthy Habits

Deb Hughes, Licensed Parent Educator

Tuesday, November 25, Grades K-2: 9:30–10:30 a.m., Grades 3-5: 1:15–2:15 p.m., District Service Center lunchroom

Do you find yourself repeatedly telling your kids what to do, what to eat, and what to watch? Learn proven strategies and techniques for “making healthy choices” a part of your family’s daily routine.

For parents of middle school students

From Their Perspective — Teens Talk

Student panel discussion facilitated by Scott Washburn, counselor at MHS and Relate Counseling

Tuesday, December 2, 11:30 a.m.–12:30 p.m., MMW Media Center

Hear from high school kids about the challenges and rewards of living a chemical-free life. Find out some of the key factors that helped them.

No fee. No registration. Free CEUs. Sponsored by MMW PTA.

For parents of students E-12

More Than Smart: Why Character is Critical

Helping parents build their children’s character

Tuesday, December 9, 7–8:30 p.m., Mount Calvary Lutheran Church, 301 County Road 19, Excelsior

Joe Cavanaugh, Founder and CEO of Youth Frontiers, Inc., will share with parents the critical importance of character in the development of young people to be both smart and good. For over 30 years, Joe has been working with young people in schools because if character decreases, disrespect in schools increases. In this presentation, Joe will share with parents the important work that Youth Frontiers is doing to help young people in the development of their character, and offers four critical values that parents need to teach their children, as well. Parents will leave knowing more about four values that are vital for young people, and how parents can more effectively instill these values into their children’s lives. Joe will pass along simple strategies and tips for parents in the most critical job of their lives: raising kids who are more than smart.

The evening will begin with an update on the work of the Tonka CARES coalition in our community. Tonka CARES mission: Working together to reduce underage substance use.

No fee. No registration. Sponsored by Tonka CARES, Mount Calvary Lutheran Church, and Youth Frontiers.

WE LOVE OUR KIDS!

*For parents of
middle and high
school students*

Catching Up with High-Tech Kids — Hands-on Lab

*Dave Eisenmann, Minnetonka Technology Integration Specialist
Jane Limond, MME Media Specialist*

Monday, January 12, 12 noon–1:00 p.m., MME Computer Lab

Tuesday January 13, 7–8:00 p.m., MME Computer Lab

Have you explored the student-friendly online resources available to families on Blackboard? Do you wonder what your kids and their friends are really doing online and on their cell phones? Do you know how to access popular sites such as MySpace, Facebook, and YouTube? Monitoring where kids travel in cyberspace can be tricky, but is critical to their safety and future opportunities. Learn about the technology our kids are using—from cell phones and iPods to text messaging and Instant Messaging. Find out about potential pitfalls and the dangers to which these technologies expose our children, and appreciate the significant role you play in teaching them how to be responsible and safe users of technology! Receive hands-on instruction about accessing and navigating popular websites. Please call and register at 952-401-6812 so we can plan for everyone interested.

No fee. Free CEUs. Sponsored by MME PTA.

*For parents of
elementary school
students*

Family Meetings

Chad Hayenga, MA, LAMFT, Associate Partner, Cross-Generation

Monday, January 12, 7–8:00 p.m., Deephaven Elementary Media Center

Is the family schedule overwhelming? Is everyone involved in the decision-making process? Family meetings can be a useful tool to organize your family's busy schedule while providing an opportunity for all family members to have a voice. This is one solution that has brought sanity to my household, and it can work for yours, too!

No fee. No registration. Free CEUs. Sponsored by Deephaven PTA.

*For parents with
children in grades
K–2 and 3–5*

Parents Connecting Series #3:

Family Volunteering: Simple Ways to Weave Service into Your Hectic Life

*Jenny Friedman, Author of *The Busy Family's Guide to Volunteering**

Tuesday, January 13, Grades K–2: 9:30–10:30 a.m.; Grades 3–5: 1:15–2:15 p.m., District Service Center lunchroom

Hear about unexpected benefits of family volunteering, along with dozens of practical and simple ideas for getting families involved in community service work; environmental, social and political action; and charitable giving. Parents will quickly see how much they can accomplish, and how easily they can integrate family service into their busy life.

*For parents of
elementary school
students*

How to Talk So Kids will Listen and Listen So Kids Will Talk

Kathie Dormanen, Licensed Parent Educator

Tuesday, January 27, 7–8:00 p.m., Excelsior Media Center

Are you tired of frequent emotional meltdowns that are part of your everyday family interactions? Join us for a discussion based on the book, *How to Talk So Kids Will Listen and Listen So Kids Will Talk*. The evening will focus on acknowledging feelings as a way to help children cope with their disappointments, frustrations and other daily challenges. The discussion will also cover supporting a child's feelings while enforcing family limits. This communication skill can strengthen the relationship with your child and create a more peaceful environment in your home.

No fee. No registration. Free CEUs. Sponsored by Excelsior and Minnewashta PTO

WE LOVE OUR KIDS!

For parents of middle and high school students

Exercise: The New “Miracle Grow” for the Brain and Success in School

Cathy Rude, MEd, Science Instructor and Parent Education Coordinator

Tuesday, February 3, 11:30–12:30 p.m., MMW Media Center

Please see description on page 4.

No fee. No registration. Free CEUs. Sponsored by MMW PTA.

For parents of elementary school students

Homework: Happening or Harrowing?

Laurie Denn, Licensed Parent Educator

Monday, February 9, 7–8:00 p.m., Groveland Media Center

What does research say about the effectiveness of homework? What is the parents’ role? How can parents and teachers communicate when expectations differ? How can you advocate for your student? Join us to discuss this tricky subject.

No fee. No registration. Free CEUs. Sponsored by Groveland PTA.

For parents with children in grades K–2 and 3–5

Parents Connecting Series #4: Raising Resourceful, Responsible Kids

Deb Hughes, Licensed Parent Educator

Wednesday, February 11, Grades 3–5: 1:15–2:15 p.m., District Service Center lunchroom

Wednesday, February 18, Grades K–2: 1:15–2:15 p.m., District Service Center lunchroom

Join us for a discussion on helping children become independent thinkers and confident problem-solvers. Distinguish the difference between providing guidance and “rescuing”.

For parents with students E–5

Introduction to Personal Safety

Janis Claire Newman, Community Educator and Co-Director of Safe Spaces

Thursday, February 19 p.m., 7-8:00 p.m., Scenic Heights Media Center

Learn age-appropriate and effective strategies for teaching children about their bodies, relationships, and safety, including a “cues and clues” checklist.

No fee. No registration. Free CEUs. Sponsored by Scenic Heights PTA

★ **Save the date!**

Minnetonka High School PTSA Special Presentation

Monday, February 23, 7–8:30 p.m., MHS Small Auditorium

Our Community Reads — March/April, 2009

An opportunity for our entire community to read and discuss the same book.



- ✓ **READ** the book, *SPARK—The Revolutionary New Science of Exercise and the Brain*, by John Ratey
- ✓ **DISCUSS** and share ideas with other community members.

Professionals are eligible to receive Continuing Education credits for participation. For more information, please call Shirley at 952-401-5056. Books will be available for purchase at the Parent Fair and at local bookstores, as well as available for borrowing at local libraries.

MENTAL HEALTH AWARENESS



Minnetonka-Hopkins Community Parent Fair

Saturday, March 7, Minnetonka High School

*For parents of
middle and high
school students*

Helping Kids Cope When They're at the Edge

Roxane Lehmann, PhD, Cognitive Psychologist Specializing in Adolescence

Monday, March 23, 7–8:00 p.m., MME, Media Center

We all have comfort zones—and if we are to learn new things, we must move out of them. Sending kids to school means that they are pushed to the edge of their comfort zones on a regular basis. Add to this that many are under intense pressure to succeed as they learn, and too often the result is stressed-out, anxious kids. Join us to find out how to tell when your kids are at the edge of their comfort zones and learn strategies for helping them cope so they'll continue to take the right kinds of risks—risks that lead to achievement, self-discovery, and confidence.

No fee. No registration. Free CEUs. Sponsored by MME PTA.

*For parents of
elementary school
students*

Catching Up with High-Tech Kids—Hands-on Lab

Dave Eisenmann, Minnetonka Technology Integration Specialist

Tami Junkermeier, MMW Media Specialist

Tuesday, April 14, 11:30 a.m.–12:30 p.m., MMW Media Center

Have you explored the student-friendly online resources available to families on Blackboard? Do you wonder what your kids and their friends are really doing online and on their cell phones? Do you know how to access popular sites such as MySpace, Facebook, and YouTube? Monitoring where kids travel in cyberspace can be tricky, but is critical to their safety and future opportunities. Learn about the technology our kids are using—from cell phones and iPods to text messaging and Instant Messaging. Find out about potential pitfalls and the dangers to which these technologies expose our children, and appreciate the significant role you play in teaching them how to be responsible and safe users of technology! Receive hands-on instruction about accessing and navigating popular websites.

Please call and register at 952-401-6812 so we can plan for everyone interested.

No fee. Free CEUs. Sponsored by MMW PTA.



Minnetonka High School PTSA Special Presentation

Monday, April 20, 7–8:30 p.m., MHS Small Auditorium

*For parents with
students E–5*

Parents Give So Much: When Is It Too Much?

Denise Konen, Licensed Parent Educator

Tuesday, April 28, 7–8:00 p.m., Excelsior Media Center

How do kids gain character and maturity if everything comes too easily? Many children are growing up with expectations that the good life will always be available for the asking. What happens when children get too much and don't have to work at it? Learn the benefits of allowing children to struggle and tackle life's challenges on their own.

No fee. No registration. Free CEUs. Sponsored by Excelsior and Minnewashta PTO.



SCHOOL AND COMMUNITY PARENT RESOURCES

Chemical Health Counselors in our Schools

Minnetonka Middle Schools Chemical Health Counselor

Jeff Shively, 952-401-5195, jeff.shively@minnetonka.k12.mn.us

Minnetonka High School Chemical Health Counselor

Scott Washburn, 952-401-5740, scott.washburn@minnetonka.k12.mn.us

All concerns are handled confidentially.

College and Career Center (CCC)

The MHS College and Career Center (CCC) serves all Minnetonka students as well as district residents. The CCC program manager and trained parent volunteers support the Guidance Office by helping students access and utilize post-secondary and career information resources. The CCC contains a vast library of resources including: career information, guides for colleges and technical schools, ACT and SAT test prep books and information, college catalogs, and college/career-search software. In addition to college visits, the CCC hosts a variety of programs to enhance student learning. Each year, students visit the CCC to learn about occupations and college options. The CCC also organizes a fieldtrip to the National College Fair in the fall, hosts visits from college representatives from across the nation, and hosts the Minnesota Education Fair at MHS, March 16, 6–8:00 p.m. For further information, please call Pam Humphrey at 952-401-5844.

Hopkins Minnetonka Family Resource Center

This agency serves the entire Minnetonka and Hopkins area, providing information and referral services for housing, food programs, Back to School supplies, Project Toy Chest, Winter Warmwear, health information, volunteer opportunities, community rooms, Project Starfish—a one-on-one support service, and general community information. On-site programs include Hennepin County Economic Assistance and Teens Alone. Tax preparation service is available February–March. For more information, please call 952-988-5350.

Intercongregation Communities Association (ICA)

ICA is a non-profit corporation serving families who need emergency support in the communities of Minnetonka, Hopkins, Excelsior, Deephaven, Shorewood, Greenwood and Woodland, and is governed by 33 congregations. Services include providing not only food, but emergency financial assistance for shelter and transportation; transportation to essential services; and where appropriate, referral to other helping agencies. For further information, please call 952-938-0729, or visit: www.ICAfoodshelf.org

LDA Minnesota

LDA of Minnesota is a non-profit organization serving the needs of children, youth and adults who have various learning challenges. Services include ADHD support service, individual assessments, transition coaching, and parent workshops. For more information or to register, please call 952-922-8374 or visit www.ldaminnesota.org.

Minnetonka Family Collaborative (MFC)

The mission of the MFC is to strategically support the well-being of all youth and families in the Minnetonka School District by actively working in partnership with the community. For further information, please contact Imogen Davis at 952-401-5042.

Minnetonka High School Parent Resource Center

PRC has information about high school programs, activities, and family resources. Referrals can be made to resources within the school and the community. For further information, please call Mary Kuhn at 952-401-5846, or visit www.minnetonka.k12.mn.us/mhs/PRC

PTA/O/SAs

The Minnetonka Schools are fortunate to have dynamic parent associations! Keep an eye on your school newsletter and website for announcements about PTA-sponsored presentations and discussions at district schools. Programs feature speakers on a variety of topics that will help you become a more confident and effective parent.

The Parent Institute Newsletters

Minnetonka Parent Education subscribes to two daily newsletters, Parent Tips and School Success Ideas. Check daily for timely tips: www.minnetonka.k12.mn.us/ParentEd/Newsletter.htm

Relate Counseling Center

West Hennepin Mental and Chemical Health Assessment Program is for youth who have had an encounter with law enforcement, school personnel, parents or other concerned individual/community agency, related to alcohol or drugs. The program includes a comprehensive mental health and chemical health assessment; family education; community referral information; treatment recommendations, when needed; and follow-up services, when needed.

Appointments are scheduled within 48 hours of your initial call. Most insurance plans are accepted and a sliding fee scale based on income is also available. Please call 952-932-7277.

Chemical Health Intervention Groups

This outpatient program is designed for parents and teens ages 14–19 who are facing issues related to teen alcohol/drug use but not at levels requiring chemical dependency treatment. Weekly 90-minute group sessions address issues such as identifying triggers for alcohol/drug use, learning refusal skills for dealing with peer pressure, building social support, finding alternative recreational activities, and dealing with crises and relapse. The group is designed to assist teens in making healthy decisions and setting goals.

The Parent Group “At Wits’ End”

This group consists of four 45-minute bi-weekly sessions. The groups will focus on issues related to healthy parenting and family function as it relates to adolescents using alcohol and drugs. The groups are open to parents who need support even if their teen is not in the Teen Early Intervention Program.

For further information on fees and available space, please call 952-932-7277.



SCHOOL AND COMMUNITY PARENT RESOURCES

Safe Spaces

Safe Spaces is a community-based non-profit organization serving schools, communities and children throughout the Twin Cities and greater Minnesota. We provide education and awareness about personal safety to preschool, K-12, and special education classrooms in a culturally supportive and inclusive atmosphere.

Safe Spaces strives to create violence-free environments through community education, development, professional trainings and organizational partnerships. For further information, please visit our website at www.safespacesmn.org or contact us at info@safespacesmn.org

Shoulder to Shoulder: Raising Teens Together.

Shoulder to Shoulder is a website, developed at the University of Minnesota, which is dedicated to making the job of raising teens easier by connecting fellow parents and caregivers, and sharing the insights of those who have “been there.”

“Raising a teen can be a wonderful, confusing, exhausting and exhilarating experience . . . all at the same time!” Visit them at: www.shouldertoshoulderminnesota.org

St. David’s Child Development & Family Services

Based in Minnetonka, St. David’s Child Development & Family Services is a nonsectarian, nonprofit provider of early childhood education, special needs services and child abuse prevention. Since 1961, St. David’s innovative on-site, home-based and community outreach programs

have been helping families and children of all abilities reach their full potential. For further information, please visit www.stdavids.net

Tonka CARES!

Established in 2005, Tonka CARES is a community coalition working to reduce illegal substance use among youth in the Minnetonka School District. Partners include the Minnetonka Public Schools, local law enforcement, businesses, civic groups, faith community, youth and parents. We envision a community where youth will choose not to use illegal substances and will feel supported and valued for their choice by the entire community. We welcome your input and participation. For further information on upcoming events, programs, and meetings, please call Imogen Davis at 952-401-5042, or visit: www.tonkacares.org

West Suburban Teen Clinic (WSTC)

West Suburban Teen Clinic (WSTC) is a non-profit community agency that provides confidential, low-cost, reproductive healthcare for teenagers and young adults ages 12-23. Public health nurses provide free comprehensive services for pregnant and parenting young women (ages 12-23).

WSTC has counselors, health educators, and parent educators available for schools and community groups ages 9 to adult. Individual and group counseling is also provided at the clinic. Services are available in Spanish. Please visit the website for the latest newsletter and annual report: www.wstcmn.org No one is turned away if unable to pay. For more information, please call WSTC at 952-474-3251.

DIRECTORY

College and Career Resource Center at MHS	952-401-5845	Parent Resource Center at MHS	952-401-5846
Crisis Connection, telephone crisis counseling and referral	612-379-6363	PACER, Parent Advocacy Coalition for Educational Rights	952-838-9000
First Call for Help—United Way	211	Parent Warmline, free parenting and developmental advice—all ages	612-813-6336
Hazelden Center for Youth and Families	800-257-7800	Project SOAR—Adults with Disabilities Community Education Program	952-401-6898
Hopkins Minnetonka Family Resource Center	952-988-5350	Relate Counseling Center, 15320 Minnetonka Blvd.	952-932-7277
Intercongregational Communities Association (ICA) www.ICAfoodshelf.org	952-938-0729	Ridgeview Medical Center Health Connection, local medical and educational services	952-442-8083
Learning Disabilities Association (LDA) of Minnesota	952-922-8374	Safe Spaces, www.safespacesmn.org	952-401-5844
MHS Chemical Health Services	952-401-5824	Sojourner Project Hotline, serving battered women and their children	952-933-7422
MHS Guidance Department	952-401-5810	St. David’s Child Development and Family Services	952-939-0396
Mother’s Connection, Early Childhood PTA (Leslie)	952-922-9629	Suicide/Psychiatric Hotline	612-873-2222
Minnesota Council for the Gifted and Talented	info@mcgt.net	TreeHouse Counseling Services	952-470-1945
Minnetonka Early Childhood Family Education (ECFE)—classes for children, birth to 5	952-401-6812	TonkaCARES—Working together to reduce underage substance use, www.tonkacares.org	952-401-5042
Minnetonka Parent Education	952-401-5056	West Suburban Teen Clinic	952-474-3251
National Drug/Alcohol Helpline	800-821-4357		

KNOW THE POWER OF PARENTS. As a parent, you have the greatest influence on your teen's decision-making. Use this influence! Prevent drug and alcohol use through open communication and clearly-defined limits. Set curfews and enforce them. Remove temptation by locking up liquor and prescription medications. Lead by example—if you drink, use alcohol responsibly.

KNOW WHERE TO GO FOR HELP. If you feel overwhelmed dealing with your teenager, you are not alone! Many families face challenges along the way. For a list of resources that offer confidential help, go to www.tonkacares.org. Good places to start include Minnetonka High School's Chemical Health Counselor (952-401-5740); Hopkins Minnetonka Family Resource Center (952-988-5350); West Suburban Teen Clinic (952-474-3251); and Relate Counseling Center (952-932-7277).

KNOW YOUR CHILD. Getting to know your child takes time, but it's worth it! Set aside time each day for communication and listening. Who does your teenager hang out with? Get to know your child's friends and their parents. The better you know your child, the better you'll communicate and the more likely you are to notice subtle changes in his or her behavior.

KNOW Tonka CARES!

COLLABORATION

- **We can have an impact on underage substance use if we work together.**

Find out more at www.tonkacares.org

POLICY

- **Public and institutional policies have a powerful effect on underage substance use.**

We track the latest research and make recommendations to local policy-makers.

YOUTH

- **Young people have a voice in our work.**

Tonka Leadership Challenge provides an opportunity for Minnetonka High School students to pledge not to use chemicals as part of their commitment to community leadership.

PARENTS

- **Parents are empowered** through programs such as *Eat.Talk.Connect* and the *Safe Homes Directory*.

Parent classes, forums and www.tonkacares.org provide parents with the resources they need to make informed choices.

KNOW

www.tonkacares.org



Working Together to Reduce Underage Substance Use

PLEASE DONATE!



Our vision is of a community where youth choose not to use and are supported and valued for that choice.

Tonka CARES is supported by grants, individual and community donations, and the Minnetonka Public Schools. If you would like to support this important work, we encourage you to contribute now by providing the following information:

Name: _____ Phone: _____

Address: _____

E-mail: _____

Tax-Deductible Donation Amount: \$1000 _____ \$500 _____ \$200 _____ \$100 _____ \$50 _____ \$25 _____ other _____

All donations are welcome.

Please make checks payable to Minnetonka Public Schools, enter "Tonka CARES" on the memo line, and mail to:

Tonka CARES, 5621 County Road 101, Minnetonka, MN 55345

Questions? Please call Imogen Davis, Tonka CARES coordinator, at 952-401-5042.

As a parent, you still have the most influence on your teen's decision-making. Use this influence—prevent drug and alcohol use through open communication and clear limitations. Set curfews and enforce them. Remove temptation by locking up liquor and prescription medications. Lead by example—if you drink, use alcohol responsibly.



Working Together to Reduce Underage Substance Use

www.tonkacares.org

KNOW

The Power of Parents

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