



Parent Information Series 2022

Join us for one or all of our virtual parenting series on Zoom. **All sessions are free, but registration is required.** Adults only please, as content is appropriate for parents and adults caring for kids/teens.

The Struggle is Real: Emotional Health Challenges Facing Students Returning to In-Person Instruction Following COVID-19 School Closures

This psychoeducational presentation addresses child development information and mental/emotional health challenges as children have returned to in-person learning. Learn how to support your children through this time. Presented by Claire Flemming.

Tues, March 8 | 6:30-8:00 PM | Registration Required

[Register Now](#)

Tantrums, Meltdowns, and Rage: Parenting Strategies for Calming the Storm

Is your elementary or middle school child prone to emotional outbursts? Dr. Ally Burr-Harris will review strategies for catching your child before the storm, calming a child who has passed that “critical window”, and preventing future meltdowns from occurring. We will also review strategies for parents to stay calm in the face of a child’s outburst. Especially for parents/caregivers of children 5-15 years old. Presented by Ally Burr-Harris, Ph.D., The Children’s Program

Tues, March 15 | 6:30-8:00 pm | Registration Required

[Register Now](#)

Toddler Talk

Join this fun workshop to understand your toddler’s world and transform tantrums, hitting, biting, and screaming. Let’s laugh together and support one another to make raising a toddler more enjoyable, and support children who thrive. Presented by Positive Discipline Parent Educator, Megan Barella.

Tues, April 5 | 7:00-8:00 pm | Registration Required

[Register Now](#)

Turning Teen Stress into Growth: Learn 5 Ways to Help Our Teens and Preteens Turn Their Adverse and Painful Experiences into Resilience and Growth

Today's teens and tweens are experiencing unprecedented rates of anxiety, depression, and stress. While it's hard to see our kids struggle, it's also important to remember that their difficulties are also the seeds of resilience and maturity. In this dynamic and unique webinar, Yshai Boussi, LPC will share 5 key ways to help you turn your child's painful and adverse experiences into more resilience and growth. Expect to learn practical and relevant strategies in a safe and judgment free environment. Presented by Yshai Boussi, LPC, Portland Family Counseling

Wed, May 11 | 6:30-7:30 pm | Registration Required

[Register Now](#)

Together, We'll Navigate New Worlds: Children, Culture and Empathic Curiosity

Many parents want their children to learn and grow in a multicultural world, respecting the practices of other families, and discovering the beautiful elements in a racial and ethnically diverse society. However, parents often struggle with knowing where to start and how best to foster a child's culturally humble mind, unsure of how to help them navigate a world that is growing increasingly complex—with behaviors, ideas, and reactions unfamiliar to many. Learn ways in which parents can monitor their own reactions while they engage their child's cultural curiosities in a manner that is dynamic, fluid, and brings them into closer real relationships with the peers in their midst. Presented by Joseph Barron, Ph.D., The Children's Program

Thurs, May 19 | from 6:30-7:30 pm | Registration Required

[Register Now](#)



Previous recordings from our Parent Information Series

[Toddler Talk podcast](#) with Megan Barella (2020)

[Toddler Talk slides PDF](#) with Megan Barella (2020)

[Parenting During a Pandemic YouTube](#) with Megan Barella (2020)

Presenters

Claire Flemming



Claire Flemming is a doctoral candidate in Clinical Psychology at Pacific University, specializing in Child and Adolescent Psychology and Latino Bilingual Psychology. In her free time, she enjoys spending time with family, cooking, and exploring Portland's international food scene.

Ally Burr-Harris, Ph.D.



Ally Burr-Harris, PhD. is a licensed psychologist at Children's Program and she is the director of the Child Trauma and Attachment Program. Areas of specialty include adoption, parent-child attachment, trauma, loss or bereavement, emotional regulation and behavior problems. Ally is a Trust-Based Relational Intervention (TRBI) provider and certified in Eye Movement Desensitization and Reprocessing (EMDR) and Parent Child Interaction Therapy (PCIT). In addition to providing supervision and treatment services, she also provides consultation and training to parents and professionals on topics related to emotional regulation problems, adoption, parent-child attachment, transracial parenting, and child trauma.

Megan Barella



Megan Barella helps parents stop the yelling, power struggles and emotional breakdowns in their family. As a mom, teacher, Certified Positive Discipline Parent Educator, Family Mediator and Master Trainer, she has inspired thousands of parents to raise a generation of children who thrive – and to overcome burnout during the pandemic. Join her Facebook group community @ParentingfortheNextGeneration and learn more about her Happy Home programs at meganbarella.com

Yshai Boussi, LPC



Yshai Boussi is a Licensed Professional Counselor and founder of [Portland Family Counseling](https://portlandfamilycounseling.com), a private practice focused on helping children, teens and families. For the past 20 years, Yshai has helped thousands of teens and families strengthen their mental health and connection. Yshai offers workshops and classes for parents, educators, and teens and writes a parenting blog. He and his wife Mariah (also a therapist) are proud parents of a 13 year-old daughter and 10 year-old son who are not grateful to have two parents who are therapists! You can follow Yshai on Instagram @yourteentherapist

Joseph Barron, Ph.D.



Joseph M. Barron, Ph.D. is a licensed clinical psychologist who specializes in school psychology, diversity studies, and neurodiverse traumatic expression; most of the time, though, he is a dad raising two biracial children in a growingly complex world.