



The Community Coalition For Children



*Intergenerational
Conference*

Wednesday October 30, 2019

Mitchell College

Check -in: 9am to 9:30am

Conference: 9:30am to 12:30pm

Workshop Choice Catalog

Workshop Description Catalog

Use the following descriptions to make your workshop choices for the upcoming CCC Conference on October 30, 2019. Registration will be done on-line this year. If you are registering with a school please make sure that you enter the school and teacher responsible when registering. On-site registration may be available the day of the event if space permits.

Presenter	Organization	Workshop Title	Description / Age Groups	Session
Kathleen O’Beirne	Lifescape Enterprises /CCC	Who Am I? Who Are You?	Who am I? Who are you? And how do we best interact? Hone your interpersonal and intrapersonal observation skills for greater understanding and respect. Learn strategies for bringing out the best in your relationships with peers, parents, and educators ALL AGE GROUPS	Session #1
Kathleen O’Beirne	Lifescape Enterprises /CCC	Delight for a Lifetime	Examine the “delight continuum” (pleasure, happiness, and joy) Then, learn to recognize what brings you a deep sense of joy and strategies for ensuring its presence in your life. These priorities will help you make informed choices and enhance the quality of your life. ALL AGE GROUPS	Session #2
Monica G.M. Smith MS, MMT	Mindful Endeavors, LLC	Stress Lightly	This workshop will explore the benefits of self-care and how to work around some of the barriers that get in the way of good practice. We will discuss how health and wellbeing is not just what you are eating; but also what you are thinking and what you are saying. Participants will examine the importance of compassion and mindfulness on the road to success. ALL AGE GROUPS	Session #1 and Session #2

Miles Daniels	Community Level UP INC.	Financial Literacy with Community Level UP	Break down opening a savings account and checking accounts. We also give insight on credit and keeping debt to a minimum. We teach about stocks and investing and we also encourage everyone to have a financial plan in life. We also touch on business and non-profit creation. ALL AGE GROUPS	Session #1 and Session #2
Chet Bialicki/ WHS Teen Leadership	Westbrook High School	How Social Media Imposes Limitations on Females In Our Society	This presentation focuses on the subliminal messages females receive every day through Social Media and how it impacts the way we feel about ourselves and our actions towards others. Detailed discussion and activities will enable participants to better understand themselves in relation to daily decision making. - Open to Middle School Females and/or those that identify as Female	Session #1 and Session #2
Chet Bialicki/ WHS Teen Leadership	Westbrook High School	Being Yourself – Pressures from Society that Affect Males	This presentation focuses on the messages males receive every day in Society which impacts the way we feel about ourselves and our actions towards others. Detailed discussion and activities will enable participants to better understand themselves and others while promoting positive social emotional wellbeing.— Open to Middle School Males and/or those that identify as Male	Session #1 and Session #2

Jennifer Croce LCSW	UCFS / CCC	13 Reason's Why: The Good, The Bad & The Ugly	<p>13 Reasons Why is currently in its third broadcast season on Netflix, and has been renewed for a fourth season. In this workshop, a presentation will be given with discussion to follow about the show and its messages about behavioral health; the good, the bad and the ugly. Join Jennifer Croce, LCSW in a workshop covering the show, its effects on society, and a guide for discussion on these topics... Suicide, Homicide, Rape and Sexual Assault, Violence, Substance Use, Firearms.</p> <p>Spoiler Alert: All occurrences and behaviors in the show will be discussed</p> <p>High School and Adult Only</p>	Session #1 and Session #2
Nancy Parent PhD	Mitchell College	Building Empathy Through Our Own Stories	<p>This active workshop will foster empathy through a story exchange methodology called Narrative 4. Participants will engage in an activity that supports mindfulness, reflection and the power of deep listening in healing divisions in our individual lives and communities. ALL AGE GROUPS</p>	Session #1 and Session #2
Jodi Savage / NFA Students NYFS Summer Leadership Program	NYFS Summer Leadership Program	Inner Awesomeness	<p>Every day, we face challenges and obstacles. In this presentation, our group aims to give people the necessary tools to get through whatever life throws at us. This will be done through fun and interactive games and questions that will help people better identify the issues they face and how to fix them. We will also be covering important day-to-day topics such as self-confidence, stress management and aspects of self-care. Everyone deserves the tools and opportunities to better themselves, and in this presentation</p>	Session #1

			we will help along the way to unlocking your inner-awesomeness. ALL AGE GROUPS	
Tish Rabe	Children's Book Author "Love you, Hug You, Read to you!"	Creating Children's Books One Rhyme at a Time!	Tish Rabe, the bestselling author of over 170 children's books including The Cat in the Hat's Learning Library, will lead an interactive workshop and share tips on how to write children's books for today's young audiences. Where do creative ideas come from? How does she stay true to the rhythm and rhyme of Dr. Seuss? How do you write a book that appeals to children, parents and caregivers alike? These are just a few of the questions that will be answered. Each participant will receive a FREE signed copy of her latest book "The 100 Hats of the Cat in the Hat" ALL AGE GROUPS	Session #1 and Session #2
Traci Howland LMFT	UCFS	Taming Your Inner Critic	Identify and explore core beliefs and learn how to tame your inner critic. By getting to know your inner critic you will begin to understand why its reactions are rooted in our core beliefs about ourselves. You will learn to fact check these beliefs to tame your inner critic. ALL AGE GROUPS	Session #1 and Session #2
Joanne Moore	Niantic Community Church	Labyrinth Walk	Experience a walking meditation on a labyrinth that is a replica of the one on the floor of the Cathedral of Chartres in France. This ancient practice is a tool to seek peace and inspiration or to shed negative emotions. Learn the history of the practice, both religious and secular. Learn how to draw a 7- circuit labyrinth. - ALL AGE GROUPS	Session #1 and Session #2

Tara Hall	Tara Hall Inspired Solutions LLC	Multigenerational Teams – Keys to Building a Success Culture	Through interaction, participants will identify the value of diverse teams which is achieved through rich, strategic communication and openness. Participants will leave with success principle equation (E+R=O) which is designed to create a desired environment for all when we learn to take 100% responsibility. High School and Adult Only	Session #1 and Session #2
Faith Satterfield	Murals By Faith	Creative You	Hear the story of a lifelong Creative’s journey from doodling in class to creating 1000sqft murals and teaching students to paint public art. Creativity lies inside of us all. You are the only you – no one else can create exactly like you. Join a few drawing games and get your creative juices flowing and be inspired to tailor your interests for an exciting destiny ahead. High School and Adult Only	Session #2
Tariko Saterfield	RealLife Empire	The Venom	In the lives of us all we find problems, pain, and progress. These become either fuel or fear that catapult us or paralyze us. Most of us never revisit this because it hurts. When we do visit and deal with the venom we can experience life at optimum levels of enjoyment. ALL AGE GROUPS	Session #1