

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

Online Blum Center Programs: MassGeneral Hospital for Children Parenting Series

All online programs are free and open to Mass General staff, patients, and the general public.

To attend a specific program, click on the link provided for each one.

Please submit questions you may have about these topics before the programs to: PFLC@partners.org so that the speakers may address them during the sessions.

Fostering and Preventing Depression, Stress, and Suicide in Youth

Monday, May 9, 2022

12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/84328910508>

Resilience is not an inborn trait, but a skill that is learned through engagement with friends, family, other important relationships, and the community. Resilience is also learned through awareness and becoming attuned to knowing your feelings, behavior, attitudes, and how they impact yourself and others. Eugene (Gene) Beresin, MD, MA, of Child and Adolescent Psychiatry at MGHfC, shares how parents, families, and caregivers can understand the signs of depression, stress, and suicide in young people, as well as guidelines for caregivers and youth on how to prevent these serious conditions. Beresin will also share when these conditions cannot be prevented, how early intervention can be helpful, and what public mental health education can do to help families, young people, and caregivers learn more about psychiatric disorders and the psychosocial issues that contribute to them.



For more information:

Call (617) 724-7352

or

Email PFLC@partners.org

The Maxwell & Eleanor Blum
Patient and Family Learning Center
White 110



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MassGeneral Hospital for Children Parenting Series (continued)

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Understanding Video Games: Tips to Promote Safe Video Game and Digital Media Use Habits

Thursday, June 30, 2022

12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/81492300167>

Video games and digital media have become one of the most favorite play activities for our children, and digital media has infused far into their (and our) daily lives. Parents and providers express a lot of concern about the effects of violent or suggestive content of video games and digital media on their children. However, existing research has not been able to conclusively establish any such link. Instead, findings reveal the several circumstances of digital media access to be associated with overall wellbeing of children. In this webinar, Atilla Ceranoglu, MD, a psychiatrist in Child and Adolescent Psychiatry at MGHfC and Adult Psychiatry at Mass General, will share tips on how to help your child build good digital media habits while playing their favorite video games, social media outlets, or the internet.

Setting the Stage for Healthy Eating Habits

Monday, September 26, 2022

12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/87416633494>

Feeding children can be complicated, and even more so in a world that targets children with food marketing and convenience food. While the way a child eats is not solely in the hands of parents, there are strategies that can help your child build a healthy relationship with food. Simona Lourekas, RD, CHES, Kelly Millan, RD, and Meaghan Alexander, MS, RD, LDN, CNSC, of the Center for Feeding and Nutrition at MGHfC, share strategies for feeding children of all ages.



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MassGeneral Hospital for Children Parenting Series (continued)

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Preventing Bullying and Protecting Children

Tuesday, October 4, 2022

12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/88680689912>

Bullying is an issue that can negatively impact children, teens, and young adults. It is important to recognize bullying and intervene appropriately while also working toward prevention efforts to keep kids safe. In this webinar, Justine Dellaria, LICSW, a social worker on the Child Protection Team at MGHfC, will discuss the difference between conflict and bullying, the impact bullying has on youth, and what can protect children from bullying or increase their risk – whether they are the victim of bullying or are bullying others. She will also discuss how to prevent bullying, laws and policies in place around bullying, and how to respond to known or suspected bullying behavior.

The Teen Driver: Updates in the Age of Distraction

Monday, November 14, 2022 (new date)

12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/88006060749>

Motor vehicle crashes continue to be the leading cause of death and injury in adolescents. As new technology emerges, distraction has become an even more prevalent risk factor for crashes. Michael R. Flaherty, DO, attending physician with Pediatric Critical Care Medicine and director of the Injury Free Coalition for Kids at MGHfC, presents evidenced-based strategies to keep teen drivers safe. He also shares emerging strategies for parents to help their new drivers.



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Guardianship 101: The Basics

Wednesday, November 16, 2022

12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/84924452800>

There is much to learn about decision-making options and protections for a child who has a developmental and/or intellectual disability when they are approaching the transition age of young adulthood or turning 18. The concept and the process of guardianship can be emotional and daunting. Julie O'Brien, MEd, LMHC, a family support clinician at the Lurie Center for Autism at MGHfC and Mass General Hospital, offers information and guidance about alternative protections; what guardianship is; the different types and paths to guardianship in Massachusetts; and how to prepare. O'Brien will also share resource materials and referrals to legal experts in special needs in Massachusetts.

Please note this program is not intended to be legal advice or council. It is strictly for informational and coaching purposes only.

The MGHfC Parenting Series is a collaboration between the Maxwell & Eleanor Blum Patient and Family Learning Center and MassGeneral Hospital for Children.

