

# ISD 279 Social Work Department & PrairieCare Presents

## OASIS

Osseo Area Source of Information and Support

These programs are open to all parents, caregivers, and staff.  
CHILDCARE: Free, thanks to Maple Grove Senior High NHS Volunteers!  
Child care will close promptly at 8:30 P.M.

*Weaver Lake Elementary School - Media Center  
15900 Weaver Lake Rd. Maple Grove*

**OASIS Presentations are from 6:30 – 8:00 PM,  
stay until 8:30 to continue the conversation**

- 9/22/15 Children's Mental Health Disorders: Brains with a Mind of Their Own**  
by: Charlene Myklebust, PsyD of District 287
- Participants will learn about the causes of children's mental health disorders; signs and symptoms; differences in brain functioning; evidence-based treatments, and interventions for home and school. Mindfulness-based stress reduction, an emerging and researched set of practices to treat mental health disorders, will be explained and demonstrated.
- 10/13/15 Mindful Parenting: How to Stop the Fighting, Yelling & Frustration**  
by: Samantha Moe, MA, SLP of Brightening Connections
- Are you stressed out and exhausted? Tired of your child's poor listening, lack of self-control and defiant behavior? Discover why your child pushes your limits, tries to control everything, and how you can transform your home into an enjoyable space rather than a war zone. In this interactive presentation you will receive solutions from the Mad to Glad Blueprint™ that are key to having a calmer, more cooperative child and restoring your sanity.
- 11/3/15 Disempowering Anxiety: Empowering Adult-Child Relationships**  
by: Tina Feigal, MS, Ed. of Parenting Mojo
- Does anxiety need to "run the show" in the education of a child who is saddled with it? No. This presentation will discuss the characteristics of anxiety-driven behavior and the physiological effects of anxiety on the child's body. Techniques to free children of anxiety in order to create a calm, cooperative atmosphere will be identified. Elements of Present Moment Parenting will be used to help children and adults decrease anxiety and increase personal empowerment.
- 12/8/15 Road Map: The Mental Health System**  
by: Lindsay Fiedler, MSE, Joe Waller, MSW & Katie Walker, MA of PrairieCare
- Navigating the mental health system can feel like an overwhelming task. This presentation will provide you with information regarding levels of care for mental health treatment as well as information necessary to make appropriate informed treatment decisions in challenging times.

**For full 2015-16 OASIS schedule please see [www.prairie-care.com/education/OASIS](http://www.prairie-care.com/education/OASIS)  
Certificates of Attendance available at all sessions for 1.5 contact hours**

If you have questions please contact: Trina Sletto - [tsletto@prairie-care.com](mailto:tsletto@prairie-care.com), or 952-913-7288  
Connie Postl - [poslc@district279.org](mailto:poslc@district279.org), or 763-315-7363

OASIS is sponsored by PrairieCare, Weaver Lake Elementary School, ISD 279 Department of Social Work, The District 279 Foundation, and District 279 Community Education. These programs are open to all parents, caregivers, and staff.