Common Ground
SPEAKER SERIES

CALENDAR FALL 2021

inform engage inspire

Please join us for a new season dedicated to inspiring strong families and engaging school communities through parent education. All events will be virtual this season. Please register in advance to receive the webinar Zoom link prior to the event.

Thurs, Sept 23; 7pm-8:15pm PT

PARENTING PAST THE PANDEMIC:
A Guide to Returning to School

DR. TANYA ALTMANN *and* **DR. DAMON KORB** *in conversation*

After a long stay at home, we're eager to dive back in to school. Flexing our scholastic and social muscles again takes practice. Pediatricians Dr. Damon Korb and Dr. Tanya Altmann guide us through the new normal and share advice about how to navigate school and home life as the pandemic continues, including:

- collaborating with your child's teacher during the transition to in-person learning
- providing appropriate support for your anxious student
- what to do about play dates and get-togethers with unvaccinated families
- weaning kids off the electronic devices that have been their lifeline during the coronavirus crisis

Drs. Korb and Altmann share how to set realistic expectations that prioritize well-being and implement strategies that give our children space to thrive.

Tues, Oct 12; 7pm-8:15pm PT

THE ESSENTIALS OF EXECUTIVE FUNCTIONING

ADELE DIAMOND, PhD *in conversation with* **VIVIEN KIEL, PhD**

Executive functions, the mental capabilities to understand, reason and problem solve, are critical to school success, thriving on the job and living a purpose-driven life. Dr. Adele Diamond, researcher and neuropsychologist, in conversation with clinical psychologist Vivien Kiel, discusses how we can nurture these abilities in our students to allow them to flourish at every developmental stage. Dr. Diamond looks at the roles of storytelling, dance, music, physical activity, and mindfulness in improving executive functions and academic & mental health outcomes. She also discusses her research into effective treatments for preventing, ameliorating, or curing executive-function disorders.

Thurs, Oct 28; 7pm-8:15pm PT

RADICAL EMPATHY:
Finding a Path to Bridging Racial Divides

TERRI GIVENS, PhD *in conversation with* **ROSETTA LEE**

To heal racial divides, Prof. Terri Givens proposes radical empathy – a process of moving beyond an understanding of others' lives and pain to understand the origins of our unconscious biases. Givens, a political scientist with more than 30 years in higher education and international affairs, focuses on diversity in leadership. In her latest book, she begins with six steps we can all take to realize and practice radical empathy. Together with Rosetta Lee, a diversity and inclusion educator who teaches students about bias and navigating hard conversations, they explore how schools, families and individuals can move towards practicing radical empathy and take action to improve our communities.

Common Ground
SPEAKER SERIES

CALENDAR FALL 2021

Please join us! All Common Ground Speaker Series events are free of charge to the parents, faculty and staff of our member schools. Books may be purchased in partnership with Books, Inc.

Wed, Nov 10; 7pm-8:15pm PT

EAT TO BEAT DEPRESSION:
Nutrition and Mental Health

with **DR. DREW RAMSEY**

When we feed our families we don't think about optimizing meals for mental health. But good mental health depends on a well-nourished brain, advocates Dr. Drew Ramsey, an assistant professor of psychiatry at Columbia University and a leading proponent of nutritional brain health, an emerging field in mental health. Through evidence-based studies, Dr. Ramsey identifies what nutrient-dense foods to eat for optimal mental health, and how diet impacts depression, anxiety and dementia. Dr. Ramsey will share with us the growing body of evidence about how shifting our diet can affect long-term brain health.

Tues, Nov 16; 7pm-8:15pm PT

A BROADER LOOK AT PROTECTIVE FACTORS AGAINST CHILDHOOD DEPRESSION

with **SHASHANK JOSHI** *and* **DR. AMY HENEGHAN**

Many of us have been impacted by the pandemic and mental health challenges. We take a deeper dive into depression and the local mental health landscape with Dr. Shashank Joshi, Stanford psychiatrist, in conversation with pediatrician, Dr. Amy Heneghan. Dr. Joshi offers expert advice on what depression looks like in children at different developmental stages, and what interventions are appropriate – immediate and long term. Dr. Joshi shares tangible resources to use at home and at school to buoy students' protective factors against depression, and we look at changes during Covid to make mental health resources accessible to all.

Tues, Dec 7; 7pm-8:15pm PT

BUILDING RESILIENCE:
Preparing our Teens to Thrive in Uncertain Times

with **MADELINE LEVINE**

Our teens are coming of age in a highly unpredictable world: a lingering global pandemic, rapid technological advances, climate and political upheaval – signal future uncertainty. By focusing primarily on grades and performance, parents are leaving kids ill-prepared to navigate the challenges to come. Madeline Levine, a clinical psychologist with 40 years of experience, identifies the skills that kids need to succeed in a tumultuous future: adaptability, mental agility, curiosity, collaboration, tolerance for failure, resilience, and optimism. Relying on the latest research and developments in neuroscience and epigenetics (the intersection of genetics and environment), Levine will discuss day-to-day solutions parents can use to raise kids who are prepared, enthusiastic, and ready to face an unknown future with confidence and optimism.