A free, Monday evening, roundtable discussion series for campus and Amherst Family Center families with young children, offered during the academic year in the Student Union Building. Sessions include: dinner, supervised children's activities and parking. Family Dinner: 5:30-6:00pm, Supervised Children's Activities: 5:45-7:30pm, Roundtable Discussion: 6:15-7:30pm.

Space is limited. To pre-register on line visit: www.umass.edu/ofr or call (413) 545-0865.

A parent’s request: How can this program help me to be a better listener and able to understand and react to my child positively—especially when I am challenged by my child’s behavior? Our response: ten spring workshops that explore practices and strategies that strengthen parent competence, practices, confidence and mindfulness. Workshops include hands-on, experiential exercises and reading materials.

Weeks 1-3 3-Week Series: Contemplative Therapeutic Practices
January 31 Week 1: Incorporating Contemplative and Therapeutic Practices in Daily Family Life
Dr. Pat A. Mercaitis, Ph.D., Professor, University of Massachusetts Amherst
February 7 Week 2: Contemplative and Therapeutic Practices for Toddlers
February 14 Week 3: Contemplative and Therapeutic Practices for Preschoolers
February 21 NO PROGRAM. COLUMBUS DAY HOLIDAY OBSERVED.
February 28 NO PROGRAM.

Weeks 4-8, 5-Week Series: How To Talk So Kids Will Listen and Listen So Kids Will Talk™
March 7 Week 1: How To Talk So Kids Will Listen and Listen So Kids Will Talk
Ms. Marianne Mahoney, M.S., Pathways to Wellness
March 14 NO PROGRAM. SPRING BREAK PERIOD.
March 21 Week 2: How To Talk So Kids Will Listen and Listen So Kids Will Talk
March 28 Week 3: How To Talk So Kids Will Listen and Listen So Kids Will Talk
April 4 Week 4: How To Talk So Kids Will Listen and Listen So Kids Will Talk
April 11 Week 5: How To Talk So Kids Will Listen and Listen So Kids Will Talk
April 18 NO PROGRAM. PATRIOT’S DAY HOLIDAY OBSERVED.
April 25 Introduction to Ayurveda Medicine, A Traditional Approach to Family Wellness
Dr. Ilana Schimt, MD, MPH, University of Massachusetts Amherst Health Services
May 2 Mindfulness Parenting Practices
Ms. Adi Bemak, Faculty, Center for Mindfulness, University of Massachusetts Medical School

Dinner On Us is a program of the UMASS Office of Family Resources, Rm. 428 Student Union Building, University of Massachusetts Amherst. For more information call (413) 545-0865 or visit:www.umass.edu/ofr.
In case of unanticipated weather cancellations call (413) 545-0865 on the day of the program.
DR. Patricia A. Mercaitis, Ph.D., CCC-SLP. has been a faculty member of the Department of Communication Disorders at the University of Massachusetts Amherst since 1983 and is at present an Associate Professor and Director at the Center for Language, Speech, and Hearing at the UMass Amherst Communication Disorders Department. At the University, Dr. Mercaitis’s areas of research include clinical supervision and skills acquisition processes. In addition to her work on campus and in her private practice, Dr. Mercaitis has several years of experience studying contemplative practices including studying with Jon Kabat Zinn and Herbert Benson. Dr. Mercaitis also has extensive experience in teaching these practices to young children, youth, adolescents and adults who need to reduce their stress. She also teaches these practices to graduate students in speech language pathology and audiology who will train their clients to implement them.

Ms. Marianne Mahoney M.S., is director and founder of Pathways to Wellness a holistic wellness business. She has been an instructor at the University of Massachusetts Amherst. Mt. Holyoke and Greenfield Community College. She has a strong background in aiding women and children in crisis and has been a past Dinner On Us speaker on girls, women, body image, nutrition, STEP(Successful Training for Effective Parenting ), and How To Talk So Kids Will Listen and Listen So Kids Will Talk.

Dr. Ilana Schmitt, MD., MPH, is a physician at University Health Services, at the University of Massachusetts Amherst. Her special interest is behavioral pediatrics and adolescent medicine. Previous to coming to the University Dr. Schmitt was a practicing pediatrician in the Cleveland area for twenty years. She is a member of the American Academy of Pediatrics and American Public Health Association. Dr. Schmitt has been a presenter at the Dinner On Us since her arrival at UMass.

Ms. Adi Bemak has been practicing Insight Meditation for 30 years. She has been teaching Mindfulness-Based Stress Reduction (MBSR) since 1983, and is presently teaching at the Center for Mindfulness at the University of Massachusetts Medical School in Worcester Massachusetts. Ms. Bemak has a private mindfulness based psychotherapy practice in Amherst and Northampton and is a community Dharma Leader, trained at Spirit Rock Mediation Center in California.