The Dinner On Us parent to parent roundtable offers parents of young children the opportunity to learn more about themselves while acquiring new approaches to raising children. The program is free and includes dinner and supervised care for accompanying children. Come join us Monday evenings during the academic year in the UMass Student Union Building.

“The path from producing offspring to successful parenting is not always straightforward; there are all kinds of [children] and all kinds of parents “. Meredith F. Small, 1999

Family Dinner: 5:30-6:15pm Supervised Children’s Activities: 5:45-7:30pm Roundtable Discussion: 6:15-7:30pm

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

Spring 2016 Schedule

January 25 Building A Parent-to-Parent Peer Support Community
Dawn Kennedy and Anja Potter, Facilitators, MotherWoman Inc., and AFC Advisory Council Members

February 1 Introduction to Parent Resiliency Training (Session 1 of 2-Part Series)
Dr. Kenneth Talan M.D.

February 8 NO PROGRAM DUE TO INCLEMENT WEATHER.

February 15 NO PROGRAM. HOLIDAY OBSERVED.

February 22 Introduction to Parent Resiliency Training (Session 2 of 2-Part Series)
Dr. Kenneth Talan M.D.

February 29 Understanding Your Young Child’s Sensory Processing
Diane Droescher, PT. This program is jointly sponsored with the Collaborative for Educational Services.

March 7 Personality Traits & Their Influence on Parenting
Melissa Scheid Frantz, Specialist, UMass Office of Workplace Learning and Development

March 14 NO PROGRAM. HOLIDAY OBSERVED.

March 21 How Young Children Respond to Our Non Verbal Communication
Professor Carrie Palmquist PhD, Psychology Department, Amherst College

March 28 The Face of Parenting: Mask Making Workshop (Session 1 of 2-Part Series)
Paula Hodecker, Director, UMass Student Union Craft Center

April 4 The Face of Parenting: Mask Making Workshop (Session 2 of 2-Part Series)
Paula Hodecker, Director, UMass Student Union Craft Center

April 11 Parenting: The Long View
Chris Shanky, MSW and LICSW, UMass Center for Counseling and Psychological Health

April 18 NO PROGRAM. HOLIDAY OBSERVED.

April 25 Program Wrap-Up and Graduation Ceremony with DOU Alums

PROGRAMS MAY BE CANCELLED DUE TO THE WEATHER. PLEASE CALL 413-545-0865 FOR UP TO DATE CANCELLATION INFORMATION ON THE DAY OF THE PROGRAM OR VISIT: www.umass.edu/ofr

Dinner On Us (DOU) is a program of the UMass Office of Family Resources (OFR), Rm. 428 Student Union Building, and UMass Amherst. For more information call (413) 545-0865, email: ofr@stuaf.umass.edu or visit: www.umass.edu/ofr.