Bringing OUR expertise to YOUR organization!

The Ross Center is proud to offer educational workshops that can be presented on-site in your organization. Ross Center clinicians are gifted speakers and teachers and look forward to sharing our expertise with you. We can customize a workshop to train your staff on recognizing anxiety disorders, or present free programs to parent groups.

Screen Time in Kids
- The need to be fluent parents of digital natives in the digital age
- How much time is too much on devices/technology?
- Setting limits with your child/teen around social media and devices
- How to digest all the conflicting information out there about kids and technology

Is My Child Anxious or Depressed?
- Learn the signs and symptoms of clinical and sub-clinical depression and anxiety
- What kinds of services and treatments are available and how to determine which is best for your child and family
- Common medications used in depression and anxiety
- The importance of early intervention with mental health issues in children

Bullying
- Addressing issues surrounding bullying- in vivo & social media-based forms
- How to help "inoculate" your child against the effects of bullying
- How to talk to your child about using social media safely and how to deal with social media bullies

Limit Setting/Parenting Skills
- One size does NOT fit all- determining what works for your child and family
- Basic tips and skills of how to provide support and structure for your child and family
- How to modulate effectively between permissiveness and authoritarian styles of parenting
- How to provide and support space for your child to develop age-appropriate independence

What to do if my child is vaping, drinking, or using drugs?
- How do I know if it's a problem?
- How can I be most effective in helping my child?
- Understanding the adolescent brain on drugs
- What are the evidence based treatments recommended for addictions and co-occurring mental health issues

For more information contact us at nyinfo@rosscenter.com | 212-337-0600 ext. 0.