



October 15, 22, 29

Online

TECH MINDFULNESS WEBINARS

Echo Horizon is partnering with Strategic EdTech (SET) to provide effective digital citizenship training for students, parents, and faculty/staff. SET advocates for comprehensive technology integration and ongoing innovation through technology, but also believes that to achieve increased productivity, creativity, and mental health, we need to unplug regularly and often. Like all things in life, technology is best in moderation. Through SET's tech mindfulness webinars, parents can gain the resources, strategies, and knowledge to help their families become technologically mindful.



**Tuesday, December 3
6:00PM-8:30PM**

Echo Horizon

LIKE DOCUMENTARY

LIKE is a documentary about the impact of social media on our lives. Technology is a tool that is here to stay. Social platforms are places to connect, share, and care—but what's really happening? Are we addicted? How do we stop? Where do we start? What do we need to know? By understanding the effects of technology and social media on the brain, we can learn to navigate it more safely with our children. The film will be followed by a panel discussion with psychologist Dr. Joe Dilley and Lisa Solomon from Common Sense Media. Dr. Dilley is a licensed psychologist and the author of *The Game Is Playing Your Kid: How to Unplug and Reconnect in the Digital Age*. Lisa Solomon is the Los Angeles regional manager for Common Sense Media. Common Sense is the leading source of entertainment and technology recommendations for families and schools. They work with policymakers, industry leaders, and global media partners to help families and educators manage the digital world.



**Saturday, January 11
5:30PM-8:30PM**

Echo Horizon

CANDELIGHT CONVERSATIONS

Sponsored by Echo Horizon's Diversity, Equity, and Inclusion Committee, Candlelight Conversations provide an opportunity for our entire community to come together for fellowship, connection, and storytelling. Through the power of storytelling and sharing personal stories, we enrich our community, validate our struggles, and honor our successes. We learn and grow in powerful ways, drawing inspiration from each other's journeys. The evening will feature two keynote speakers and opportunities to mingle and connect with members of our community over dinner. Come prepared to share openly of self and listen thoughtfully to others.



**Wednesday, March 11
7:00PM-9:00PM**

PEGGY ORENSTEIN

*Co-hosted by EHS at
The Center for Early Education*

Today's young men and women are subject to the same cultural forces. They are steeped in the distorted media images and binary stereotypes of female sexiness and toxic masculinity, which shape how they navigate sexual and emotional relationships. Inspired by her bestselling *Girls and Sex*, and now her companion book, *Boys and Sex*, Ms. Orenstein will illuminate how young people understand and negotiate the new rules of physical and emotional intimacy, along with offering a much-needed vision of how they and their parents can counterbalance these influences. Peggy Orenstein is a *New York Times* best-selling author whose books include *Don't Call Me Princess*, *Girls & Sex*; *Cinderella Ate My Daughter*; and *Waiting for Daisy*; as well as *Flux: Women on Sex, Work, Kids, Love and Life in a Half-Changed World*; and the classic *School Girls: Young Women, Self-Esteem and the Confidence Gap*. Her latest book is *Boys & Sex: Young Men on Hookups, Love, Porn, Consent and Navigating the New Masculinity*.



**Tuesday, April 14
8:30AM-10:00AM**

DR. DOLLY KLOCK

Echo Horizon

Whether your child has already started puberty, or is just on the brink, this workshop will give you the basics you need to connect and communicate with your tween about all things puberty. We will discuss changing bodies, changing emotions, emerging sexuality, and how the digital world impacts all of the above. With a BS from UCLA, and an MD from Albany Medical College, Dr. Klock completed her Family Medicine Residency at Brown University/Memorial Hospital of Rhode Island. She has over 15 years of clinical experience in the field of family medicine and provides group education and individual consultation for parents, teens, and tweens on the topics of puberty, human development, and child and adolescent health and behavior. Dr. Klock is passionate about helping parents and kids connect and engage on sensitive topics.



TBD

MOONLIGHT SONATA

Echo Horizon

As part of Echo Horizon's celebration of the 50th Anniversary of the Echo Center, please join us for a screening of the powerful documentary, *Moonlight Sonata: Deafness in Three Movements* by award-winning filmmaker Irene Taylor Brodsky. Ms. Brodsky weaves together the journey of her parents and her 11-year old son, who are deaf, with Ludwig van Beethoven, who was going deaf when he wrote his masterpiece, *The Moonlight Sonata*. Afterwards, please join us for a discussion led by experts from the Echo Center team.

WE LOOK FORWARD TO SEEING YOU!