

 **SAINT BARNABAS**  
**HEALTH CARE SYSTEM**  
*Saint Barnabas Behavioral Health Network*  
**INSTITUTE FOR PREVENTION**  
www.instituteforprevention.com  
1691 US Highway 9 • CN 2025 • Toms River, NJ 08754



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**INSTITUTE  
FOR PREVENTION**

# Institute for Prevention

*Professional Trainings, Parenting Programs & Wellness Workshops*  
2009-2010 Calendar



**Institute for Prevention courses have been approved for License and Certification Renewal for L.C.A.D.C., C.A.D.C., M.F.T., M.F.T.-Permit, L.P.C., L.A.C., L.R.C., and re-certification for all certifications issued by The Certification Board**

**Registered NJ Department of Education Professional Development Provider**

## ~ Who We Are ~

The mission of the Institute for Prevention (IFP) is to reduce the factors that place individuals, families, and communities at risk and to promote healthy lifestyles. The Institute for Prevention (IFP) Saint Barnabas Health Care System is a leader in the delivery and development of specialized prevention programming. IFP promotes professional and personal growth through a variety of programs designed to meet the needs of all segments of society including mental health and addiction professionals, nurses, child study team members, parents and administrators.

From eating well to parenting to resolving conflict effectively these workshops will teach you to take care of yourself while excelling at your job. All the programs listed in this brochure can be customized and provided on-site to agencies, schools and corporations.

For more information, please call 732.914.3815 or visit our website at [www.instituteforprevention.com](http://www.instituteforprevention.com).

## ~ Professional Trainings ~

### SECTION "504"

This overview will clearly outline eligibility criteria for "504" as well as accommodation strategies.

<b>Training Dates:</b>	<b>Location:</b>
October 15, 2009	Saint Barnabas Corporate Office, HR Training Room, 95 Old Short Hills Rd., West Orange
March 9, 2010	Saint Barnabas Behavioral Health Center, 1691 US Hwy. 9, Toms River
<b>Fee:</b> \$75.00 per person	<b>Time:</b> *8:30 A.M.-12:00 P.M. <b>Trainer:</b> Connie Greene, M.A., C.A.S., C.S.W., C.P.S.

### COPING BEHAVIORS GONE WRONG

#### From Perfectionist to Workaholic; Uncovering the Addict Within

We all develop individual styles of coping to assist with life's daily stressors. While some coping skills may serve a specific purpose in our problem solving needs, they (simultaneously) work against us in other areas of our lives. As negative behavior patterns develop, they begin to compromise our initial goals and in some cases, become patterns that lead to addictions. In this training, facilitated by a Clinical Coach, you will learn to not only identify your personal coping patterns but those of your clients, remove negative barriers and develop new coping techniques to allow for more effective problem solving and goal mastery.

<b>Training Dates:</b>	<b>Location:</b>
October 21, 2009	Saint Barnabas Corporate Office, Room B/C, 95 Old Short Hills Rd., West Orange
<b>Fee:</b> \$75.00 per person	<b>Time:</b> *8:30 A.M.-12:00 P.M. <b>Trainer:</b> Ruth Palacio, M.S., C.A.S.A.C

### CONFLICT RESOLUTION & ANGER MANAGEMENT (A BEHAVIORAL MANAGEMENT TOOL)

This workshop focuses on anger and the causes that affect how individuals manage and deal with conflict. Conflict resolution skills will be addressed and taught through a design reflective of William Glaser's theory of Psychological Basic Needs.

<b>Training Dates:</b>	<b>Location:</b>
October 22, 2009	Kimball Medical Center, Room B/C, 600 River Avenue, Lakewood
April 29, 2010	Saint Barnabas Corporate Office, HR Training Room, 95 Old Short Hills Rd., West Orange
<b>Fee:</b> \$95.00 per person	<b>Time:</b> *8:30 A.M.-3:00 P.M. <b>Trainer:</b> Connie Greene, M.A., C.A.S., C.S.W., C.P.S.

### INTERVENTION & REFERRAL SERVICES (I.&R.S.) N.J.A.C. PAC/504 TEAM TRAINING

This 3-day training will prepare members of the I.&R.S. teams to identify and address a student's academic, behavioral and health difficulties, through prepared cases. Participants will understand how to develop strategies and action plans for compliance with the I.&R.S. regulations, as well as develop accommodations under Section 504 of the Rehabilitation Act of 1973.

<b>Training Dates:</b>	<b>Location:</b>
Nov. 11, 12, 13, 2009	Kimball Medical Center, Room A/B/C, 600 River Avenue, Lakewood
March 24, 25, 26, 2010	Saint Barnabas Corporate Office, HR Training Room, 95 Old Short Hills Rd., West Orange
<b>Fee:</b> \$200.00 per person	<b>Time:</b> *8:30 A.M.-3:00 P.M. <b>Trainer:</b> Connie Greene, M.A., C.A.S., C.S.W., C.P.S.

\* Continental breakfast will be served at 8:30 A.M. for the above sessions. Trainings begin at 9:00 A.M.

## ~ Professional Trainings ~

### THE DISABILITIES-ADDICTIONS CONNECTION

This workshop will cover issues linking disabilities and substance abuse and focus on the risk factors for substance abuse among persons with cognitive, developmental and physical disabilities. Strategies for early identification and referral, collaboration with service providers in allied fields, cross training opportunities and advocacy will be covered. An overview of issues related to classified special education adolescents, prevention of Fetal Alcohol Spectrum Disorders and the impact of the ADA on the addictions field will be presented.

**Training Date:** December 3, 2009  
**Location:** Saint Barnabas Behavioral Health Center, 1691 US Hwy. 9, Toms River  
**Fee:** \$75 per person  
**Time:** \*8:30 A.M.-12:00 P.M.  
**Trainer:** Debbie Aidelman, M.S., C.P.S.

### PARENTING AN ATHLETE (PAA) FACILITATOR TRAINING — UPCOMING EVIDENCE BASED PROGRAM

Participants will receive the necessary requirements for certification as a “Parent Coach” for this innovative Parenting an Athlete program. PAA recognizes the positive and protective effects of youth involvement in sports activities. PAA is moving towards becoming an evidence-based five session substance abuse prevention curriculum developed to educate and build skills in parents. Participants are provided with all necessary information and skills for implementing the program including access to program materials, evaluation and technical assistance.

**Training Dates:** Dec. 10 & 11, 2009  
**Locations:** Saint Barnabas Behavioral Health Center, 1691 US Hwy. 9, Toms River  
**Fee:** \$175 per person  
**Time:** \*8:30 A.M.-3:00 P.M.  
**Trainer:** Mark Firth, B.A.

### BULLYING AND ITS VICTIMS: REFRAMING THE POWER

This workshop will provide participants with a NEW PARADIGM of the characteristics of both the bully and the victims along with practical ways schools can address this most serious issue.

**Training Date:** December 15, 2009  
**Location:** Saint Barnabas Behavioral Health Center, 1691 US Hwy. 9, Toms River  
**Fee:** \$75.00 per person  
**Time:** \*8:30 A.M.-12:00 P.M.  
**Trainer:** Krista DeFilipo, B.S., C.P.S.

### SEXUAL HARASSMENT

School districts, agencies applying for grants or government contracts, and public and private employers, are faced with a myriad of statutory and regulatory mandates concerning sexual harassment. This highly interactive and educational workshop will safeguard you and your organization, and help you comply with Federal and State requirements. Participants will leave with an understanding of the law, learn to recognize prohibited conduct and, with the use of role playing, understand how an investigation should be conducted when harassment is alleged.

**Training Date:** January 14, 2010  
**Location:** Saint Barnabas Corporate Office, HR Training Room, 95 Old Short Hills Rd., West Orange  
**Fee:** \$95.00 per person  
**Time:** \*8:30 A.M.-3:00 P.M.  
**Trainer:** Robert Goldschlag, J.D., C.C.M.

### TIPS: TOBACCO INTERVENTION & PREVENTION IN SCHOOLS

This half-day training is a multi-level school-based systems approach to prevention and early intervention for teen smokers. Participants will learn how to implement the TIPS core components of policy change, community awareness and school-based alternative-to-suspension.

**Training Date:** January 21, 2010  
**Location:** Saint Barnabas Behavioral Health Center, 1691 US Hwy. 9, Toms River  
**Fee:** \$75.00 per person  
**Time:** \*8:30 A.M.-12:00 P.M.  
**Trainers:** Connie Greene, M.A., C.A.S., C.S.W., C.P.S. & Marianne Bennett, M.S.W., L.S.W., C.T.T.S.

### DRUG & ALCOHOL INTERVENTION/CORE TEAM TRAINING

This workshop will provide participants with information and skills to intervene with youth who are presenting “at risk” behaviors for substance abuse. Topics include: Disease of Addiction, Progression, Signs and Symptoms, Risk and Resiliency, Case Histories, Statute 18A:40A-8-12, Federal Confidentiality Regulations 42CFR and Stages of Change.

**Training Dates:** January 28 & 29, 2010  
**Location:** Monmouth Medical Center, Stanley Room 214, 300 Second Avenue, Long Branch  
**Fee:** \$175.00 per person  
**Time:** \*8:30 A.M.-3:00 P.M.  
**Presenter:** Connie Greene, M.A., C.A.S., C.S.W., C.P.S.

\* Continental breakfast will be served at 8:30 A.M. for the above sessions. Trainings begin at 9:00 A.M.

## ~ Professional Trainings ~

### **SELF MUTILATION: AN ACT OF EMOTIONAL SURVIVAL**

Today's teens deal with a multitude of issues from being accepted by peers to getting good grades to dealing with addiction. To cope with the everyday stressors of life, many teens turn to self-destructive behaviors, such as cutting. This workshop will focus on signs and symptoms of self-destructive behaviors, how to engage these teens and what can be done once they are identified.

**Training Date:** February 4, 2010  
**Location:** Saint Barnabas Behavioral Health Center, 1691 US Hwy. 9, Toms River  
**Fee:** \$75 per person  
**Time:** \*8:30 A.M.-12:00 P.M.  
**Presenter:** Colleen Verriest, M.S.W., L.C.S.W.

### **SUPPORT GROUPS**

This interactive and experiential workshop will provide participants with skills and techniques that will enable facilitators to develop and implement psychoeducational support groups in their school or agency.

**Training Date:** February 18, 2010  
**Location:** Saint Barnabas Corporate Office, HR Training Room, 95 Old Short Hills Rd., West Orange  
**Fee:** \$95.00 per person  
**Time:** \*8:30 A.M.-3:00 P.M.  
**Trainer:** Connie Greene, M.A., C.A.S., C.S.W., C.P.S.

### **COACHING PARENTS FOR SUCCESS (Recommended for professionals working with parents/guardians)**

This training teaches life skills coaching techniques in order to move parents successfully through their child's transitions and developmental stages.

**Training Date:** April 22, 2010  
**Location:** Saint Barnabas Behavioral Health Center, 1691 US Hwy. 9, Toms River  
**Fee:** \$95.00 per person  
**Time:** \*8:30 A.M.-3:00 P.M.  
**Trainer:** Connie Greene, M.A., C.A.S., C.S.W., C.P.S.

### **ALCOHOL & PREGNANCY: A LETHAL COMBINATION**

When it comes to drinking alcohol during pregnancy, there is **NO** safe amount, **NO** safe time to drink and **NO** safe type of alcohol. Fetal Alcohol Spectrum Disorders (FASD) is the primary preventable cause of mental retardation. The lifelong, irreversible effects may include physical, mental, behavioral and/or learning disabilities. This training will provide educators, social service and human service professionals with an increased awareness of prenatal alcohol exposure and statewide resources.

**Training Date:** May 4, 2010  
**Location:** Saint Barnabas Behavioral Health Center, 1691 US Hwy. 9, Toms River  
**Fee:** \$75 per person  
**Time:** \*8:30 A.M.-12:00 P.M.  
**Trainer:** Debbie Aidelman, M.S., C.P.S.

\* Continental breakfast will be served at 8:30 am for the above sessions. Trainings begin at 9:00 am.

## ~ Journey To Wellness (On-Site Employee Program) ~

Smart agencies, schools and companies are aware that it pays in more ways than one to invest in their employees wellness. Our professionals are trained to offer solution based strategies that result in an overall increase in productivity and company morale, improved attendance and employee retention, reduction in health care costs and an improved bottom line.

### **Choose from a sampling of offerings including:**

- Respect and Its Impact on the Workplace
- The Practice of Resolving Conflict
- Incorporating More "Life" Into the Work-Life Balance
- Eating for Energy: The Food-Mood Connection, Using Food to Improve Work Performance
- Stress Management: Strategies for Dealing In an "Information Overload" World
- Parenting for Professionals: Maximizing Family Time

**Featuring - On-Site Tobacco Treatment** - Did you know that that the average smoker costs a company \$1,736 in lost productivity and medical expenses per year? We can help you to save your company a substantial amount of money by addressing the issue of tobacco use among your employees. According to the Surgeon General's report, 70 percent of all smokers desire to quit though only 3 percent are successful on their own. The key to quitting is with a planned and professionally supported approach to dealing with nicotine addiction. Our researched-based program, modeled after the Mayo Clinic, is designed to increase the success rate and can be offered at your corporate site.

*Journey To Wellness programs can be held at your location. We offer both lunch and learn series as well as half-day and full-day trainings. For a free consultation, please call 732.914.3815 or visit our website at [www.instituteforprevention.com](http://www.instituteforprevention.com).*

## ~ Parenting Programs ~

### CHILDREN IN THE MIDDLE

Separation and divorce are among life's most difficult and stressful events. Sixty percent of divorces nationwide involve children. Resolving post-separation conflict is integral in moving forward successfully as a family. Parents will learn effective tools to increase positive communication, problem solve around parallel parenting issues, shield children from exposure to conflict, and stay involved as effective parents in spite of the separation. Participants must attend both sessions.

**Training Dates:**

Sept. 15 & 22, 2009  
October 1 & 8, 2009  
Nov. 11 & 18, 2009  
Dec. 7 & 14, 2009  
Jan. 12 & 19, 2010  
February 3 & 10, 2010  
March 11 & 18, 2010  
April 12 & 19, 2010  
May 13 & 20, 2010

**Location:**

Saint Barnabas Corporate Office, HR Training Room, 95 Old Short Hills Rd., West Orange  
Saint Martha's Church, 3800 Herbertsville Road, Point Pleasant Boro  
Saint Barnabas Corporate Office, HR Training Room, 95 Old Short Hills Rd., West Orange  
Saint Barnabas Behavioral Health Center, 1691 US Hwy. 9, Toms River  
Saint Barnabas Corporate Office, HR Training Room, 95 Old Short Hills Rd., West Orange  
Monmouth Medical Center, Stanley Room 214, 300 Second Avenue, Long Branch  
Saint Barnabas Corporate Office, HR Training Room, 95 Old Short Hills Rd., West Orange  
Saint Barnabas Behavioral Health Center, 1691 US Hwy. 9, Toms River  
Saint Barnabas Corporate Office, HR Training Room, 95 Old Short Hills Rd., West Orange

**Fee:** \$35 per person**Time:** 6:00 P.M.-8:00 P.M.

### PARENTING AN ATHLETE

Did you know that sports have been found to be linked to alcohol and drug use by adolescents? Other studies reveal that 70% of youth drop out of sports by age 13. Parents & coaches can either positively or negatively affect the information above. This 5-session program is designed for any parent/guardian or coach of children ages 11-18 who are involved in sports or considering involvement in sports. This program was developed to provide you with skills that will reduce the likelihood that your children will become involved in substance abuse and increase your child's retention in sports. You can also expect to develop a stronger relationship with your children after completing and utilizing the skills taught in the 5 sessions.

**Training Dates:**

Oct. 6, 13, 20, 27 & Nov. 3

**Location:**

Saint Barnabas Behavioral Health Center, 1691 US Hwy. 9, Toms River

**Fee:** \$75 per person**Time:** 6:30 P.M.-8:00 P.M.**Presenter:** Mark Firth, B.A.

### SECRETS TO FAMILY SUCCESS: UNCOVERING THE ART OF COMMUNICATION

The words you exchange with your children have an enormous amount of power. They can help to foster a closer relationship with your children or create separation; they can immediately shut down communication or create an opening for deeper understanding and connection. This workshop will not only provide you with techniques that are guaranteed to change the way your family interacts but will help to empower your children's growth and development.

**Training Dates:**

December 2, 2009  
March 3, 2010

**Location:**

Saint Barnabas Corporate Office, HR Training Room, 95 Old Short Hills Rd., West Orange  
Monmouth Medical Center, Stanley Room 212, 300 Second Avenue, Long Branch

**Fee:** \$25 per person**Time:** 6:30 P.M.-8:30 P.M.**Presenter:** Ming Montello, M.A.T.

### TRENDS IN TEEN DRUG USE - WHAT TO LOOK FOR

Parents are the first line of defense when it comes to your child's alcohol and drug use. This workshop will arm you with the newest information and trends around teen drug use, will teach you how to initiate conversation with your children about this important subject matter and will provide you with a wealth of community resources.

**Training Dates:**

January 27, 2010

**Location:**

Saint Barnabas Corporate Office, HR Training Room, 95 Old Short Hills Rd., West Orange

**Fee:** \$25 per person**Time:** 6:30 P.M.-8:30 P.M.**Presenters:** Krista DeFilipo, B.S., C.P.S. & ShaRonda Amon, B.A.

### THE 15 MINUTE CHILD BREAK

Research supports that kids who communicate regularly with their parents about their daily activities are 67% less likely to be involved in substance abuse than children who have little or no communication. The 15 Minute Child Break, presented by the Partnership for a Drug-Free New Jersey, is a FREE interactive drug prevention education presentation for parents, grandparents and caregivers. Participants receive critical drug information, communication strategies, techniques and approaches for preventing drug abuse among children. Parents are empowered and supported with the assurance that, even in today's society, they are still the strongest influence in their children's lives.

**Training Dates:**

May 6, 2010  
May 11, 2010

**Location:**

Saint Barnabas Corporate Office, HR Training Room, 95 Old Short Hills Rd., West Orange  
Saint Barnabas Behavioral Health Center, 1691 US Hwy. 9, Toms River

**Fee:** FREE**Time:** 7:00 P.M.-8:00 P.M.**Presenter:** Bill Lillis, M.A., C.P.S.

## ~ Wellness Workshops ~

### COMMON SENSE AND FEELING TENSE

Research shows that 70-90% of people feel stressed both at work and at home. Under the guidance of a holistic nurse, this program focuses on stress management options, mind/body wellness and the importance of holistic self-care. Participants will be led through an enjoyable guided imagery experiential as an example of an effective relaxation technique.

**Training Date:** October 7, 2009  
**Location:** Saint Barnabas Corporate Office, Room 2B/2C, 95 Old Short Hills Rd., West Orange  
**Fee:** \$20 per person  
**Time:** 6:30 P.M.-8:00 P.M.  
**Presenter:** Sue Weinstein, R.N., B.S., F.A.C.C.E., C.Ht.H.N.-B.C.

### QUIT FOR LIFE: TRIED AND TRUE STRATEGIES TO QUIT SMOKING

Thinking about quitting smoking? Tried it in the past without success? Have 101 reasons why you “should” or “have” to quit but are still having a hard time putting it down? If you answered yes to any of these questions, this is the perfect workshop for you. Learn about a highly successful smoking cessation program and receive a coupon to receive a FREE individual appointment with a Tobacco Treatment Specialist.

**Training Dates:** January 11, 2010  
January 13, 2010  
**Location:** Saint Barnabas Behavioral Health Center, 1691 US Hwy. 9, Toms River  
Saint Barnabas Corporate Office, HR Training Room, 95 Old Short Hills Rd., West Orange  
**Fee:** FREE!  
**Time:** 6:30 P.M.-8:00 P.M.  
**Presenter:** Helene Long, C.S.W., C.P.S., C.T.T.S. (Toms River)  
Dennis Lee, B.A., C.T.T.S. (West Orange)

### REIKI LEVEL 1 TRAINING

Receive a First Degree Reiki Certificate after completing this full day training. Learn how to administer a 2,500 year old Japanese Relaxation and Stress Reduction Technique that promotes healing. The Reiki system is a gentle “laying on of hands” process which supports the body’s natural ability to heal and balance itself as well as fosters one’s mental and spiritual well-being. In level 1 you will receive a First Degree Reiki Attunement, learn about the meaning, purpose and effects of Reiki energy therapy, and receive the procedure for giving a complete Reiki Treatment to others and to oneself.

**Training Dates:** February 6, 2010  
February 20, 2010  
**Location:** Center for Healthy Living at Kimball Medical Center, 198 Prospect Street, Lakewood  
Saint Barnabas Ambulatory Care Center, Room 116, 200 South Orange Avenue, Livingston  
**Fee:** \$150 per person  
**Time:** 10:00 A.M.-4:00 P.M.  
**Trainer:** Nancy Kosciuk, Reiki Master

### MEDITATION MADE SIMPLE

Meditation is a great way to bring calmness and peace of mind to your life. Participants will receive instruction and then participate in meditation techniques for beginners. This workshop is geared for the busy individual, who is always on the go.

**Training Date:** March 30, 2010  
**Location:** Saint Barnabas Corporate Office, HR Training Room, 95 Old Short Hills Rd., West Orange  
**Fee:** \$25.00 per person  
**Time:** 6:30 P.M.-8:30 P.M.  
**Presenter:** Allison Goldschlag, M.A., C.H.H.C.

### REIKI LEVEL 2 TRAINING

The Second Degree Reiki training builds on the energy healing process taught in the First Degree workshop. Individuals who desire to expand their healing abilities and open themselves to the deepening power of Reiki are encouraged to participate. During this training you will receive a Second Degree Reiki Attunement as well as learn the Reiki power symbols and their use in a Reiki treatment, how to diagnose and evaluate the energy flow in your clients, a procedure for the Absentee treatment (sending Reiki to someone at a distance) and guidelines for establishing your own Reiki practice. Finally, you will be awarded with a Second Degree Reiki Training Certificate.

**Training Dates:** April 10, 2010  
April 17, 2010  
**Location:** Center for Healthy Living at Kimball Medical Center, 198 Prospect Street, Lakewood  
Saint Barnabas Ambulatory Care Center, Room 116, 200 South Orange Avenue, Livingston  
**Fee:** \$150 per person  
**Time:** 10:00 A.M.-4:00 P.M.  
**Trainer:** Nancy Kosciuk, Reiki Master

**THE FOOD-MOOD CONNECTION** - Believe it or not, your daily diet may be negatively affecting your mood. The reality is how and what you eat can significantly alter how you feel. Learn a simple and user friendly formula to eliminate mood swings, increase your energy and overall sense of well being.

**Training Date:** April 13, 2010  
**Location:** Saint Barnabas Corporate Office, HR Training Room, 95 Old Short Hills Rd., West Orange  
**Fee:** \$25.00 per person  
**Time:** 6:30 P.M.-8:30 P.M.  
**Presenter:** Allison Goldschlag, M.A., C.H.H.C.

# ENROLLMENT FORM

## PLEASE SIGN ME UP FOR THE FOLLOWING:

(FORM CAN BE DUPLICATED)

Online registration now available at [www.instituteforprevention.com](http://www.instituteforprevention.com)

### PROFESSIONAL TRAININGS

- |  |   |    |  |
|--|---|----|--|
| SECTION "504"                                      | <input type="checkbox"/> OCTOBER 15, 2009       | or | <input type="checkbox"/> MARCH 9, 2010     |
| COPING BEHAVIORS GONE WRONG                        | <input type="checkbox"/> OCTOBER 21, 2009       |    |  |
| CONFLICT RESOLUTION & ANGER MANAGEMENT             | <input type="checkbox"/> OCTOBER 22, 2009       | or | <input type="checkbox"/> APRIL 29, 2010    |
| INTERVENTION & REFERRAL SERVICES (I&RS)            | <input type="checkbox"/> NOVEMBER 11-13, 2009   | or | <input type="checkbox"/> MARCH 24-26, 2010 |
| THE DISABILITIES-ADDICTIONS CONNECTION             | <input type="checkbox"/> DECEMBER 3, 2009       |    |  |
| PARENTING AN ATHLETE (PAA FACILITATOR TRAINING)    | <input type="checkbox"/> DECEMBER 10 & 11, 2009 |    |  |
| BULLYING & ITS VICTIMS (REFRAMING THE POWER)       | <input type="checkbox"/> DECEMBER 15, 2009      |    |  |
| SEXUAL HARRASSMENT                                 | <input type="checkbox"/> JANUARY 14, 2010       |    |  |
| TIPS: TOBACCO INTERVENTION & PREVENTION IN SCHOOLS | <input type="checkbox"/> JANUARY 21, 2010       |    |  |
| DRUG & ALCOHOL INTERVENTION/CORE TEAM TRAINING     | <input type="checkbox"/> JANUARY 28-29, 2010    |    |  |
| SELF MUTILATION: AN ACT OF EMOTIONAL SURVIVAL      | <input type="checkbox"/> FEBRUARY 4, 2010       |    |  |
| SUPPORT GROUPS                                     | <input type="checkbox"/> FEBRUARY 18, 2010      |    |  |
| COACHING PARENTS FOR SUCCESS                       | <input type="checkbox"/> APRIL 22, 2010         |    |  |
| ALCOHOL & PREGNANCY: A LETHAL COMBINATION          | <input type="checkbox"/> MAY 4, 2010            |    |  |

### PARENTING PROGRAMS

- |                           |   |  |   |
|---------------------------|---|--|---|
| CHILDREN IN THE MIDDLE    | <input type="checkbox"/> SEPTEMBER 15 & 22, 2009                  | <input type="checkbox"/> OCTOBER 1 & 8, 2009   | <input type="checkbox"/> NOVEMBER 11 & 18, 2009 |
|                           | <input type="checkbox"/> DECEMBER 7 & 14, 2009                    | <input type="checkbox"/> JANUARY 12 & 19, 2010 | <input type="checkbox"/> FEBRUARY 3 & 10, 2010  |
|                           | <input type="checkbox"/> MARCH 11 & 18, 2010                      | <input type="checkbox"/> APRIL 12 & 19, 2010   | <input type="checkbox"/> MAY 13 & 20, 2010      |
| PARENTING AN ATHLETE      | <input type="checkbox"/> OCTOBER 6, 13, 20, 27 & NOVEMBER 3, 2009 |  |   |
| SECRETS TO FAMILY SUCCESS | <input type="checkbox"/> DECEMBER 2, 2009                         | or   | <input type="checkbox"/> MARCH 3, 2010          |
| TRENDS IN TEEN DRUG USE   | <input type="checkbox"/> JANUARY 27, 2010                         |  |   |
| THE 15 MINUTE CHILD BREAK | <input type="checkbox"/> MAY 6, 2010                              | or   | <input type="checkbox"/> MAY 11, 2010           |

### WELLNESS WORKSHOPS

- |                                |   |    |  |
|--------------------------------|---|----|--|
| COMMON SENSE AND FEELING TENSE | <input type="checkbox"/> OCTOBER 7, 2009  |    |  |
| QUIT FOR LIFE                  | <input type="checkbox"/> JANUARY 11, 2010 | or | <input type="checkbox"/> JANUARY 13, 2010  |
| REIKI LEVEL 1 TRAINING         | <input type="checkbox"/> FEBRUARY 6, 2010 | or | <input type="checkbox"/> FEBRUARY 20, 2010 |
| MEDITATION MADE SIMPLE         | <input type="checkbox"/> MARCH 30, 2010   |    |  |
| REIKI LEVEL 11 TRAINING        | <input type="checkbox"/> APRIL 10, 2010   | or | <input type="checkbox"/> APRIL 17, 2010    |
| THE FOOD-MOOD CONNECTION       | <input type="checkbox"/> APRIL 13, 2010   |    |  |

*Onsite trainings are available*

**For Enrollment & Confirmation Questions Call:**

**Michele Buldo 732.886.4757 • Fax: 732.886.4809 • Email: [theinstitute@sbhcs.com](mailto:theinstitute@sbhcs.com)  
[www.instituteforprevention.com](http://www.instituteforprevention.com)**

Institute for Prevention courses have been approved for License and Certification Renewal for L.C.A.D.C., C.A.D.C., M.F.T., M.F.T.-Permit, L.P.C., L.A.C., L.R.C., and re-certification for all certifications issued by The Certification Board

**REGISTERED NJ DEPARTMENT OF EDUCATION PROFESSIONAL DEVELOPMENT PROVIDER**

**All Participants Receive Certificate Of Completion**

### CANCELLATION AND REFUND POLICY

The IFP reserves the right to cancel any workshop and to substitute workshop facilitators. If we cancel a workshop, we will notify each registrant as soon as possible. The registrant may then choose either a full refund or credit towards another workshop.

Name: \_\_\_\_\_ Title: \_\_\_\_\_  
 District/Agency: \_\_\_\_\_  
 School: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
 Email: \_\_\_\_\_

**SEND ENROLLMENT FORM & PAYMENT TO:  
INSTITUTE FOR PREVENTION**

Saint Barnabas Behavioral Health Network  
1691 US Highway 9, CN 2025, Toms River, NJ 08754  
OR FAX TO: 732.886.4809

Meth. of Payment:  Check  P.O. \_\_\_\_\_  Credit Card  
Please call Michele Buldo 732.886.4757 with credit card information.

**ONLINE REGISTRATION NOW AVAILABLE  
at [www.instituteforprevention.com](http://www.instituteforprevention.com)**

# Institute for Prevention

*Professional Trainings, Parenting Programs  
& Wellness Workshops*

2009-2010 Calendar



 **SAINT BARNABAS  
HEALTH CARE SYSTEM**

*Saint Barnabas Behavioral Health Network*

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