

new canaan CARES

Providing Practical Tools and Tips for Families

5 Ways to Ease Your Student Back to School After Covid-19

August 26th at 7pm

Successful Study Skills 4 Students Presents A Free Webinar for Parents of Elementary, Middle, and High School Students

In this 30-minute highly dynamic, action-specific, and interactive seminar, parents are invited to learn best-practice, tools and strategies to support their student as they transition back to school this fall.

Managing Emotions in Masked Times

September 16th at 9:30AM

Dr. Michelle Albright, PhD

Parents/Caregivers of children ages 6 -12

What is best for preserving our physical health is not always conducive to our social and emotional health. Emotions have been escalating during the pandemic and wearing masks can make it even harder to show and share our feelings. Join us for an enlightening discussion on how to manage emotions during this challenging time.

Healthy Emotion Regulation in Uncharted Waters

September 29th at 9:30AM

Tracey Masella, LCSW and

Frank Bartolomeo, PhD, LCSW

Parents/Caregivers of children ages 10-14

Navigating developmental stages with emotions running high is more challenging during unpredictable times. We will explore what is "normal" for this age, what is cause for concern and how to identify Covid-19 related stress. Learn strategies to ride the waves of change while nurturing the skills and strengths you and your child possess.

In partnership with Tracey Masella and Silver Hill Hospital

How to Handle BIG Emotions in Your Little One

September 22nd at 10AM

Amy Dickerson, LPC

Parents/Caregivers of children ages 3-6

This interactive workshop will teach strategies for managing your child's BIG emotions and your own while adapting to the next normal. Leave feeling empowered with hands-on strategies to help you and your child identify, express and cope with emotions during unsettling times.

Helping Our Teens Thrive In This Uncertain COVID Environment

October 14th at 7 pm

Cristina Young, LCSW and Parent Educator

Parents/Caregivers of children ages 14-18

Join Cristina Young for a talk designed to help parents help themselves first. Participants will learn practical tips on implementing excellent self-care routines during long periods of ongoing stress. Parents will leave armed with the strategies and scripts needed to cultivate resilience, empathy, hope and optimism in themselves and in their teens during stressful times.

In partnership with the NCHS PFA

Check out our NEW website: newcanaancares.org



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Programs for the Community

Recommended for Families with children ages 13 and above.

4th Annual Community Addiction Awareness Vigil

September 2nd at 7:30pm

Virtual Event on Facebook and YouTube

The New Canaan Parent Support group and New Canaan Community Foundation will again sponsor a vigil to raise awareness about addiction and provide healing to all. For more information go to ncparentsupportgroup.org

LGBTQIA+: Understanding the Terminology of Identity

September 23rd at 7pm

Micaela Scully, LCSW

In partnership with New Canaan Library, Silver Hill Hospital and The Lighthouse, an LGBTQ Teen Program

Learn more about gender identity, sexual orientation and inclusion Awareness of LGBTQIA+ specific struggles, concerns and insights.

Mental Health Ted X Speaker Emily Torchiana

October 21st at 6:30pm

Parents and High School Teens

Suicide-attempt survivor, Emily Torchiana, shatters the stigma surrounding mental health, by sharing her personal story: being victim to cyberbullying, struggling with mental health and surviving a suicide attempt during her adolescent years. Now a young adult, Emily shares a message of hope and awareness.

Learning & Leading in a Time of Social Justice Activism

What Can We Do?

October 28th at 7pm

The U.S. is undergoing the largest and most sustained movement for social change and racial justice in history. No community is untouched. How can we act now individually and as a community? Kick-off remarks and facilitation by Shamil Idriss, New Canaan native and CEO of Search for Common Ground, the world's largest peace-building organization and nominee for the 2018 Nobel Peace Prize.

Teen Decision Making: A Community Conversation

November 4th at 7pm

In partnership with RAM Council

Join us for an exciting discussion on how to coach your kids on important topics related to their teenage years. Counselor/Prevention Specialist, Joyce Sixsmith and Attorney Matthew Maddox will share their insight on what issues they recommend parents discuss, the value of positive parent/teen communication and how parents can support their teens to make healthy decisions.