

# Monthly Staff and Community Mental Well-Being Series

District staff and families are invited to attend monthly presentations focused on mental well-being.

## *The Fallacy of Perfect Parenting*

Presented by FRrē Family Recovery Resource Experts, St. Paul, MN  
([www.frre.net](http://www.frre.net))

**7-8:30 p.m.**

**Feb. 19**

**WBLAS - North Campus Theater**  
(5045 Division Avenue, WBL)

### Presentation Description:

This session will explore how the pressures to be perfect result in some parents feeling overwhelmed and inadequate. Many parents complain of a lack of control in their own homes and a feeling that their children's needs are running the household. They may remove barriers to success and end up unintentionally disempowering their children. They may try to be their child's best friend, losing focus of the primary responsibility, to raise a fully functioning adult. In this session, we will normalize what parents experience, how they learn to be parents, and we will explore Pia Mellody's concepts regarding affirming, nurturing and setting limits. We will also look at how families interact with community ecosystems such as law enforcement, child protection, and schools.

## UPCOMING EVENTS IN THE SERIES

**March 19** (7-8:30 p.m. at North Campus Theater) ADHD/ADD Supports and Toolbox by Nicole McKinney, WBLAS

**April 16** (7-8:30 p.m. at North Campus Theater) Healthy Teens and Safety by Ramsey County Public Health

**May 21** (7-8:30 p.m. at North Campus Theater) Finding Self-Control: Responses to Children's Emotional and Physical Outbursts by Jenny Hanlon, M.Ed, WBLAS



Series sponsored by  
White Bear Lake Area Schools  
Student Support Services Department.



[www.isd624.org](http://www.isd624.org)