

*“How good and kind it is when God’s people live together in unity!”*

## Parent Education: 2022-2023

The DSHA Parent Education series is one example of our partnership in collaboration with parents. We share a love for each Dasher and commitment to help parents help their daughters grow into the person God intends her to be.

The Fall 2022 series will focus on our Catholic faith, student mental health, and civic participation with the goal of collaborating with parents in raising confident and capable young women.

### Fall Semester:

**Thursday, September 29** (6:30 p.m. at DSHA)- Talking with your daughter about Civic Participation for the common good through the lens of [Catholic Social Responsibility](#) facilitated by Dr. Kathleen Cepelka, DSHA Board Member and Emeritus Superintendent of Catholic Schools for the Milwaukee Archdiocese and Mr. Patrick Dawson, chair, DSHA Social Studies Department. [Click here to RSVP](#) by Thursday, September 22.

**Thursday, October 13** (12: 00 p.m. - 1:00 p.m.- **VIRTUAL**)- Dr. Lisa Damour: [Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls](#). Dr. Damour’s second New York Times best seller is a celebrated, urgently needed guide to addressing the alarming increase in anxiety and stress in girls from elementary school through college.

**Tuesday, October 25** (6:30 p.m.)- Mental Health: Creating a healthy interdependence with your teen as they approach adulthood by Lauren Green, LPC, Children’s Wisconsin, school-based therapist at DSHA.

### Book Clubs:

[A Black Catholic Celebration of Faith, Tradition, and Diversity: Fat Luther, Slim Pickin’s](#) by Marcia Lane-McGee and Shannon Wimp Schmidt (Facilitated by Cynthia Blaze, Director of DEI). Parents interested should email Ms. Cynthia Blaze, Director of Diversity, Equity, & Inclusion by Friday, September 2 at ([BlazeC@dsha.info](mailto:BlazeC@dsha.info)). Ms. Blaze will coordinate with interested parents.

[A Place to Belong: Letters from Catholic Women](#) edited by Corynne Staresinic (Facilitated by: Stephanie Monson, Director of Campus Ministry). Parents interested should email Mrs. Monson by Friday, September 2 at ([MonsonS@dsha.info](mailto:MonsonS@dsha.info)). Mrs. Monson will coordinate with interested parents.

[Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls](#) by Dr. Lisa Damour (Facilitated by Dr. Heather Mansfield and Mrs. Maria Schram). Parents interested should email

Mrs. Maria Schram, Director of Student Services by Friday, September 2 at ([SchramM@dsha.info](mailto:SchramM@dsha.info)). Mrs. Schram will coordinate with interested parents.