SEPTEMBER 2019

Grown and Flown: How to Support Your Teen, Stay Close as a Family, and Raise Independent Adults
Wednesday, 9/25/19 | 7–9pm at Natick High School — For parents and caregivers (middle school to high school and beyond)
Lisa Heffernan and Mary Dell Harrington, co-founders of Grown and Flown, the #1 online community for advice on raising teens and young adults, will talk about their new book of the same name. They will offer practical tips and sanity-preservers for parents/caregivers to support their older child’s transition to high school, college, work, and young adulthood.

OCTOBER 2019

Raising Resilient Children in a Stress Filled World
Thursday, 10/10/19 | 7–9pm at Natick High School — For parents and caregivers (all ages)
Anxiety is on the rise. In this presentation Dr. Robert Brooks—a leading expert on resilience—will describe specific strategies parents and other caregivers can employ to help children manage stress effectively and become increasingly self-disciplined, caring, hopeful, and resilient.

In Search of Greatness: How to Support Healthy and Successful Youth Athletes
Wednesday, 10/23/19 | 6:30–8:30pm at Natick High School — For the entire community (coaches, athletes ages 9+, and parents and caregivers)
This inspiring documentary film features interviews with sports icons about the factors that led to their success, including creativity, play, and a positive mindset. Following the movie, the Positive Coaching Alliance (PCA) will moderate a discussion for parents, coaches, and student athletes.

NOVEMBER 2019

Middle School Matters: How Parents Can Help Kids Make Middle School the Springboard to a Great Future
Monday, 11/4/19 | 7–9pm at Natick High School — For parents and caregivers (elementary and middle school)
School guidance counselor and author Phyllis Fagell will discuss her new book on using the middle school years to teach kids the skills they’ll need to thrive now and in the future—including making good friend choices, negotiating conflict, regulating their own emotions, acting as their own advocates, and more.

The Guys Next Door: A Documentary Film and Discussion
Wednesday, 11/13/19 | 7–9pm at Wilson Middle School, Natick — For the entire community (all ages)
Join us for a screening of this award-winning documentary film that follows the life of a real “modern family”—a gay married couple whose friend is a surrogate for their children. The movie shows their ups, downs, and the humanity that connects us all. This movie is hosted by the Natick High School Peer Advocates. Their Q & A with members of the cast will follow the screening.

The Art of Connecting: How Small Acts of Kindness Can Change the World
Sunday, 11/17/19 | 2–4pm at Wilson Middle School, Natick — For the entire community (all ages)
Simple acts of kindness can change our lives. Megan Murphy, founder of the Kindness Rocks Project, will share her inspiring story as well as ideas for families and children to promote kindness in the community around them. Her talk will be followed by “hands on” projects and activities that are fun for individuals and families!

Bullying Prevention Forum: How Can We Address Online Cruelty?
Wednesday, 11/20/19 | 7–9pm at Wilson Middle School, Natick — For parents and caregivers (elementary school to high school)
How can we promote a civil and inclusive community while still supporting freedom of speech? Join a discussion with internet safety expert Lynette Owens, Natick Public Schools Superintendent Dr. Anna Nolin, school principals, and others about how kids (and parents and caregivers) can address challenging online behavior and help build a respectful community for all. Anti-bullying resources for the town and schools will be shared and discussed.

DECEMBER 2019

Kindness Unites Us! A Celebration of the Many Ways We SPARK Kindness!
Wednesday, 12/11/19 | 6:30pm at The Center for Arts in Natick (TCAN) — For the entire community (all ages)
What is the power of community? How do we show acts of kindness (big and small) to each other? Who are the people who connect our neighborhoods? Join us for an intimate evening where local storytellers share the many ways we SPARK kindness.
Tools for Resilience & Well-Being: Monthly Parent Discussion Groups  
(October 2019 – May 2020)  
— For parents and caregivers of elementary school-aged kids  
Facilitated by early childhood educator, Laura McCarthy, MA.

Navigating New Challenges for You and Your Child: Single Dads Resilient Parent Support Group  
(February – April 2020)  
— For caregivers of children ages 0–10  
Co-facilitated by Jon Mattleman, a trained counselor, and Chris Minidis, a father who is divorced.

Dealing with Stress & Anxiety in Children: A Group for Parents/Caregivers  
(March 2020)  
— For parents/caregivers of elementary-aged children  
Facilitated by trained counselor, Jon Mattleman.

Free childcare and meals will be provided for all of these small group programs.

Special thanks to our program supporters, CHNA-7 MetroWest, MetroWest Regional Coalition for Suicide Prevention, MutualOne Charitable Foundation, Natick 180, Longfellow Health Club, and the Natick Board of Health.

Free Parenting Groups: Check New SPARK Website for Details!

“Hidden in Plain Sight” Display at the Natick Mall  
Daily, September 10–26 (times vary)  
— For individuals, parents, and caregivers (ages 21+)
An initiative that educates parents/caring adults on how to spot signs of risky behaviors using an interactive display of a young person’s bedroom and provides tips for building strong relationships with teens and young adults. Open daily with varying hours. Visit Natick180.org for times.

Natick Peace Meal: A Community Celebration Open to All  
Sunday, 12/8/19 | 5:30–7:30pm at the Morse Institute Library, Natick  
— For the entire community (all ages)
Peace Meal is a celebration that connects community by bringing people together over a shared vegetarian potluck meal. It is an opportunity to meet neighbors from all backgrounds and get a taste of the remarkable diversity of our town. All are invited!

Community Celebration in Honor of Dr. Martin Luther King, Jr.  
Monday, 1/20/20 | 10am at Wilson Middle School, Natick  
— For the entire community (all ages)
Celebrate the life of Dr. Martin Luther King, Jr. and his legacy that inspires and empowers us all. All are welcome to gather for the community welcoming event and service project following the celebration!

SPARK’s Resilient Parent, Resilient Child program series is made possible in part because of generous sponsor support from the following businesses and community organizations:

WITH GRATITUDE TO OUR IN-KIND DONORS AND COLLABORATORS:

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