



January 25, 2011

Issue No. 2

Dear Brenda,

The Institute certainly has been busy planning events and workshops to offer you! This month, we are pleased to announce that UCCF's Strong Moms Strong Girls program is continuing with the popular Figuring Out Friendships workshop series. UCCF will also offer a parenting workshop for those going through divorce. IHA is also excited about the next installment in our Adjustment Matters Community Forum Series: Born to Be Wild or Mild!

We have recognized a new community outreach opportunity in PTA/PTO Presentations and encourage all who may be interested to contact the Institute at (734) 615-7853 for more information.

As always, we welcome any questions, comments, or concerns regarding both our programming and communications. Please do not hesitate to contact IHA. You can always find more information at www.umiha.org.

Dyslexia Help, Dyslexia Hope Wrap-Up UCLL is proud to launch their new website!

We'd like to thank everyone who came to listen to Joanne Marttila Pierson, Ph.D., associate director of the University Center for the Development of Language and Literacy speak about our newest website www.dyslexiahelp.umich.edu at the Ann Arbor Public Library on January 12th. In addition to highlighting some of the aspects of the site, Dr. Pierson talked with the audience about some of the challenges associated with living with dyslexia, what to do if you suspect your child has dyslexia or a language disability, and where to go for help. Feedback about the website curriculum and resource center was very positive. We urge you to visit the site! If you have an organization who might be interested in a talk, contact Dr. Pierson at dyslexiahelp.umich.edu or ucll@umich.edu or call 734-764-8440.

Parenting Through Separation and Divorce Call UCCF for more information

This workshop is geared towards all parents who are concerned for their child's well-being while tackling separation or divorce. It will help parents understand their children's needs and will offer specific suggestions for creating a positive environment during this transitional time. The workshop will be offered on Monday, February 7, 2011 from 7:30-9pm. Advance registration is required, so please call UCCF at (734)

In This Issue

[Dyslexia Help, Dyslexia Hope Wrap-Up](#)

[Parenting Through Separation and Divorce](#)

[Born to be Wild or Mild: Understanding Your Child's Temperament](#)

[A Mother-Daughter Workshop to Confront Relational Aggression](#)

SMSG School Consultation Program

Strong Moms Strong Girls conducts school consultation programs which address relational aggression in the academic setting. This comprehensive service, which is appropriate for female students in grades 4-7, includes two 1 ½ hour interactive workshops for students, a 1 ½ hour consultation for school personnel, and a 1 ½ hour presentation for parents on relational aggression. For more information on this program, please contact Roberta Hirshon, Coordinator at (734) 764-9466.

Quick Links

[Institute for Human Adjustment](#)

[Psychological Clinic](#)

[University Center for the Child and the Family](#)

[University Center for the Development of Language and Literacy](#)

764-9466. For more information, visit www.umucf.org.

Join Our Mailing List!

Born to be Wild or Mild: Understanding Your Child's Temperament

The next installment in our Adjustment Matters Community Forum Series

Temperament is a consistent style of reaction that a child demonstrates across a variety of situations. Children are born with their own unique temperaments which are "hard wired" and endure over time. One child is shy and cautious while another seeks out stimulation. This session will identify nine characteristics of temperament and give suggestions for dealing with children who are both wild and mild. There will be ample opportunity for questions and discussion.

Eileen Bond will present an insightful talk into the ways in which parents can more fully understand their children. The session will take place on Wednesday, February 9, 2011 from 7-8:30pm at the Ann Arbor District Library. For more information, please visit www.umiha.org.

A Mother-Daughter Workshop to Confront Relational Aggression

SMSG welcomes back this popular workshop for 2011

A fun, hands-on, interactive workshop for girls in grades 4-7 and their mothers or caregivers. The workshop will explore cliques, bullying and media influences and will work to empower and encourage girls to relate positively with their peers and the adult females in their lives. The girls will learn to communicate and react in healthy, proactive ways. The workshop will be offered for grades 4-5 on Sunday, February 6, 2011 and on Saturday, March 12, 2011. Advance registration is required. For more information, including registration information, please call UCCF at (734) 764-3432 or check www.strongmomsstronggirls.org.

About Us

The Institute for Human Adjustment serves the University and the broader community with intervention programs of the highest quality to assist individuals, couples and families with difficulties in adjustment, learning and communication. We provides state of the art educational opportunities for providers-in-training in these areas, and conducts research on important facets of these activities.

The Institute is comprised of three units: [University Center for the Development of Language and Literacy \(UCLL\)](#), [Psychological Clinic](#), and [University Center for the Child and the Family \(UCCF\)](#).

[Forward email](#)



Try it FREE today.

Institute for Human Adjustment at the University of Michigan | 530 Church St. Suite 2451 | Ann Arbor | MI | 48109