



Lunch & Learn Presentations

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Lunch & Learn (formerly known as LIFT) has been a part of Bethany Busy Bee since 2007. It was initiated to bring topics to parents about life, parenting, spiritual growth, taking care of yourself, the relationship with your spouse, and many other *uplifting* topics. Speakers vary in their areas of expertise.

Speaker Presentation is held with professional speakers that share information about various parenting topics, whether about nutrition; sleep, schedules and routines; anxiety in children; social emotional skills in children; and various styles on how to handle children's behavior to assist in finding the best style that feels comfortable with your family; and even organizing and cleaning tips.

The entire event is free, including the speaker, beverages and appetizers and onsite childcare so parents can enjoy this special "adult" time. Simply RSVP a week in advance so we can accommodate your childcare needs with proper staffing. Infants are always welcome to stay with the parent during the entire event or on and off, whatever makes you most comfortable. This is a time to gather, listen, ask question, discuss, share, learn, and build relationships. It is held once a month in the Fireside Room (the room just on the right from the Bethany Busy Bee Preschool entrance).

The speaker event meets from 12:00 pm to 1:30 pm. Children receive a free lunch bunch when attending these events, and infants stay at childcare for free. Everyone is welcome – your family and friends; and, those without children and with children who do not attend Busy Bee. We are always happy to see you and your friends here.

You may RSVP online on our website www.bethanybusybee.org under the "Parent Partnerships" section under "Lunch & Learn" or under the "Calendar" section under "School Events". You will also receive an Evite via email to RSVP.

This year's speakers and topics will be:

- **September 20—Lunch & Learn "Family Routines & Structure"** with James Nee, LCSW from 12:00-1:30 pm.

As a licensed social worker, James specializes in anxiety, attachment, trauma, and helping kids and adults feel comfortable inside and outside of their shell. He used to be our consultant when he worked at All Health Network. Please RSVP by Monday, September 18th.

- **October 4th—Lunch & Learn "Parent Panel: Connection In The Preschool Years and Beyond"** with Marsha Olsen & Rebecca Borger from 12:00-1:30 pm. Please RSVP by Monday, October 2nd.

- **October 12th—Lunch & Learn "Handling Anxiety & Attachment Issues With Your Child"** with Jack Lipski from 12-1:30 pm. Please RSVP by Monday, October 9th. (See May 8th Lunch & Learn the on back for Jack Lipski's bio)

- **November 1st—Lunch & Learn "Sharing Jesus with Children"** with Kay Mack from 12-1:30 pm. Please RSVP by Wednesday, October 25th.

- **November 30th—Lunch & Learn "Kindergarten Readiness"** with Andrew Hayes & Amy Pyne from 12-1:30 pm.

Please join us as our guest speakers review how to get ready for Kindergarten. Is my child ready? Is there anything that I can or should do for this next phase in my child's life? What to expect? And any other questions you may have. Please RSVP by Tuesday, November 28th.

- **December 5th—Lunch & Learn "Choose Joy"** with Amy Kleager from 12-1:30 pm. Please RSVP by Friday, December 1st.

- **January 17th—Lunch & Learn "I Love You Enough To Say 'No'"** with Jack Lipski from 12-1:30 pm. Please RSVP by Friday, January 12th. (See May 8th Lunch & Learn on the back for Jack Lipski's bio)



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This year's speakers and topics continued:

- **January 30th—Lunch & Learn “Understanding The Heart Of A Child” with Jack Lipski from 12-1:30 pm.** Please RSVP by Friday, January 26th. (See May 8th Lunch & Learn for Jack Lipski's bio)

- **February 10th—“ Becoming A Love & Logic Parent” with Jack Lipski. 1-Day Intensive for Parents/ Grandparents and Caregivers from 9:00-2:00 pm.**

Looking for help with Raising Self-reliant Kids in an Entitled World? THEN...THIS CLASS IS FOR YOU! Participants will learn to apply 6 phrases that will change your parenting forever! Jack Lipski, M.A., School Counselor, Marriage & Family Therapist, and Certified “Love and Logic™” facilitator will be presenting. **The cost is \$40 per attendee/\$30 per couple with lunch and childcare provided.** Please RSVP by Wednesday, February 7th.

- **February 22nd—Lunch & Learn “Six Essential Listening Skills for Parents” with Jack Lipski from 12-1:30 pm.** Please RSVP by Tuesday, February 20th. (See May 8th Lunch & Learn for Jack Lipski's bio)
- **March 6th—Lunch & Learn “Homeschooling” with Leah Martin from 12:00-1:30 pm.** Please RSVP by Monday, March 4th.

- **April 18th—Lunch & Learn “Body Safety” with Whitney Dittmar, Counselor, MA, LPC from 12-1:30 pm.**

Mrs. Dittmar brings awareness of what parents should be discussing with their children and things to consider to keep them safe from inappropriate interactions with others. Mrs. Dittmar is a Licensed Professional Counselor with over 11 years' experience working with children, adolescents, adults and families. Her sons attended Bethany Busy Bee. Please RSVP by Monday, April 15th.

- **May 8th—Lunch & Learn “The Power Of Story” with Jack Lipski from 12-1:30 pm.** Please RSVP by Monday, May 6th.

John (Jack) Lipski has 41 years of experience in education and counseling. He is a former public school educator teaching in both Junior and Senior High as well as Special Education. Currently, Jack serves Shepherd of the Hills Church and School as a Professional Counselor in the State of Colorado in the area of Marriage and Family Therapy. He also serves as School Counselor and writes a bi-monthly parenting article entitled “Jack's Corner.” Jack is a Certified Love and Logic® instructor and teaches parenting classes in the south Denver area. He is the Chairperson of “Safeguarding Our Children,” an organization dedicated to protecting children from sexual abuse and educating churches and schools in policies and procedures regarding this issue. Tuesday evenings, Jack volunteers at the Denver Federal Correctional Institution leading Community Bible Study.

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