



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, but we ask that you please bring a lunch for your child. 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 19th—Lunch & Learn “The Benefits Of Family Routines” with Jack Lipski from 12:00-1:30 pm.** Come learn about the importance and benefits of family routines and structure. Please RSVP by Tuesday, September 17th.
- **October 22nd—Lunch & Learn “I Love You Enough To Say ‘No’ ” with Jack Lipski from 12-1:30 pm.** Understanding and implementing the transformational power of saying “no” to your children and reaping the long term benefits. Please RSVP by Wednesday, October 16th. (See May 6th Lunch & Learn the on back for Jack Lipski's bio)
- **November 14th—Lunch & Learn “Kindergarten Readiness” with Leah Martin & 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 12th.
- **December 3rd—Lunch & Learn “Practical Advice About Bullying” with Jack Lipski from 12-1:30 pm.** Please RSVP by Monday, December 2nd.
- **January 15th—Lunch & Learn “Tucking In Hope: The Sweet Dream Journey” with Susie Fox from 12:00-1:30 pm.** Step into a world where hope and comfort come together to transform children's lives. Discover the heartwarming mission of Sweet Dream In A Bag and learn how you can be a part of this incredible journey. Understand the vital importance of good sleep for children's growth and development. Please RSVP by Monday, January 13th.
- **February 4th—Lunch & Learn “Boys and Girls; Legos and Barbies” with Jack Lipski from 12-1:30 pm.** Join Jack Lipski, retired school counselor, marriage and family therapist, and certified “Love and Logic” instructor, will be presenting “Boys and Girls; Legos and Barbies”. Understand the difference in brain function, structure and neurology of male and female brains. Please RSVP by Friday, January 31. (See May 6th Lunch & Learn for Jack Lipski's bio)



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This year's speakers and topics continued:

- **March 13th—Lunch & Learn “Raising Responsible Kids” with Jack Lipski from 12-1:30 pm.** Learn four steps to helping your child become responsible. Please RSVP by Tuesday, March 11th. (See May 6th Lunch & Learn on the back for Jack Lipski's bio)

- **April 23rd—Lunch & Learn “Nutrition Basics For Everyone” with Allison Jones, from 12-1:30 pm.**

Come and discover nutrition basics for everyone! In our world today, there are so many diets, advice, blogs, social media posts, and much more that can make nutrition so overwhelming for you and your family. Allison Jones, RN and Board Certified Health Coach will help guide us through the basics of nutrition and healthy eating. She will help guide us into simple and yet very powerful basics of healthy eating for your entire family. Allison Jones has been a nurse for over 20 years with her back ground in emergency medicine, cardiology, and teaching at different levels. She became a board certified health coach over 10 years ago from the University of Arizona's Integrative Health and Lifestyle Department. She now works for Boone Heart, where she uses her love of nursing and health coaching to guide patients to healthy lives focusing on health span and longevity.

Please RSVP by Monday, April 21st.

- **May 6th—Lunch & Learn “Four Family Types” with Jack Lipski from 12-1:30 pm.** Join Jack Lipski, retired school counselor, marriage and family therapist, and certified “Love and Logic” instructor. Which type is your family? Understanding the dynamics as plotted along the axis of “Am I loved?” and “Can I get my way?” Find the quadrant where you want your family to be! Please RSVP by Friday, May 2nd.

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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