ICP FALL CHILDREN'S MENTAL HEALTH + *parenting* SUMMIT

PRACTICAL. RESEARCH-INFORMED. FOR REAL LIFE.

4 DAYS
30+ EXPERTS
42 HOURS

DAY 1 • MONDAY, NOV 16

LIVE HALF-DAY WORKSHOP
Tammy Schamuhn & Tania Johnson
Understanding School Avoidance & Anxiety
9:30am CST

Dr. Daniel Amen, MD
What a Child's Brain Needs to Thrive

Dr. William Stixrud, PhD
7 Principles for Raising a Self-Driven Child

Tammy Schamuhn, R.Psych, RPT-S
Surviving the Teen Years

Dr. John La Puma, MD, FACP
Raising Kids with the Outdoor Advantage

Kids Eat in Color: Jennifer Anderson, MSPH, RDN
Nutrition & Healthy Eating: Raising Confident Eaters

Dr. Siggie Cohen, PhD
You Are the Parent: Finding Balance Between Connection and Cooperation

Dr. Gordon Neufeld, PhD
Why Parents Need to Matter More than Peers

Dr. Deborah MacNamara, PhD, RCC
Nourished: Connection, Food & Caring for Our Kids

DAY 2 • TUESDAY, NOV 17

LIVE HALF-DAY WORKSHOP
Tania Johnson
Beyond Behaviours: Working with Big Feelings and Behavioural Challenges
9:30am CST

Dr. Eli Lebowitz, PhD
Helping Kids with Anxiety Without Feeding Anxiety

Kirk Martin, Founder, Celebrate Calm
Why Your Strong-Willed Child Isn't Trying to Drive You Crazy

Dr. Michele Borba, EdD
UnSelfie: Raising Kind, Empathetic Kids in a Self-Focused World

Jess VanderWier, MA, RP
Your Child Doesn't Need You to Be Perfect. How Repair, not Perfection, Builds Resilient Kids

Lucy Sloan, BA Psych, ACCP, CAATP
Healing Children Through Animals: Building Connection, Confidence & Resilience

Dr. Monica Jackman, OTD, OTR/L
Body Before Behaviour: Using OT to Support Emotion Regulation

Jenny Al-Adra, MC, BEd
Supporting Children in Foster & Adoptive Care

Lenore Skenazy, President/ Co-Founder of Let Grow
Raising Independent & Resilient Kids

DAY 3 • WEDNESDAY, NOV 18

LIVE HALF-DAY WORKSHOP
Tammy Schamuhn
Understanding Childhood Trauma
9:30am CST

Cst. Stephanie Bosch & Cst. Scott Sterling
Keeping Kids Safe Online

Dr. Jeffrey Bernstein, Ph.D.
24 Hours to a Less Defiant Child: Breaking the Cycle of Power Struggles

Dr. Susan Linn, EdD
Big Tech, Big Business and the Lives of Children

Dr. Peter Gray, PhD
Restoring Childhood: How to Set Kids Free in the Age of Anxiety

Dr. Larry Mitnaul, MD, MPH, MS
The Screen Reset: Ending Power Struggles & Building Healthier Tech Habits

Dr. Steve Biddulph
Raising Kids in an Anxious World

Rosalia Rivera
Protecting Children From Sexual Abuse

Dr. Tina Payne Bryson, PhD, LCSW
The Power of Play: Building Connection, Regulation & Resilience

DAY 4 • THURSDAY, NOV 19

LIVE HALF-DAY WORKSHOP
Tania Johnson
Screens, Social Media & Online Safety: Raising Kids in a Digital World
9:30am CST

Jennie Abbot, RYT, CYA-CYT
Mindfulness for Kids: Practical Tools for Calm, Confidence & Emotional Regulation

Julie Lythcott-Haims, JD, MFA
Raising Capable Kids

Dr. Emeran Mayer, MD, PhD
The Mind-Gut Connection

Eli Harwood, MA, LPC
How to Heal Your Own _____ So Your Kids Don't Have To

Tania Johnson, R.Psych, RPT
When Kids Grieve: Supporting Children Through Loss

Dr. Michaleen Doucleff, PhD
Why Kids Can't Stop Scrolling: The Dopamine Trap Behind Screens, Cravings, and Modern Childhood

Dr. Michele Borba, EdD
Raising Resilient Kids: From Strivers to Thrivers

Kim John Payne, MEd
Resiliency in Teens

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