

Dutchess Day School

is pleased to sponsor **Patricia Mendell, LCSW**



“Strategies for Effective Parenting”

Thursday, December 10, 11:30 a.m. — 1 p.m.

The Artist’s Palate

307 Main Street, Poughkeepsie, NY

This talk will address:

- Learning to work together as parents
- Teaching your child how to be a self starter.
- Discovering how your child learns
- Fostering self-confidence in your child.

Patricia Mendell is a Licensed Clinical Social Worker and Board Certified Diplomat. She is a graduate of Columbia School of Social Work with advanced training in family, cognitive, hypnotherapy, and EMDR. As a psychotherapist with practices in both Manhattan and Brooklyn, she has written, lectured, counseled and coached hundreds of children, individuals and families. Her work is rooted in the belief that parents and children can thrive with the right support system and practical tools, feeling confident in tackling any of life's challenges.

For questions, contact Ellen Potter at (845) 677-5014 or potter@dutchessday.org
Please RSVP. Your \$15 check made out to Dutchess Day School for lunch will be your reservation.



415 Route 343, Millbrook, NY • www.dutchessday.org