

# Please register for the All In Elementary Parenting Conference

<http://bit.ly/AIMB2019ELEM>

**Feb. 12<sup>th</sup>**

**Grades 4-6**

**Cherokee Bend Elementary School**

**5:45 pm-7:30 pm**

Sessions:

How to Raise Kids in a Tech World  
How to Protect Kids in a Tech World  
How to Develop and Maintain Strong Friendships

**Feb. 26<sup>th</sup>**

**Grades K-3**

**Cherokee Bend Elementary School**

**5:45 pm-7:30 pm**

Sessions:

How to Raise Kids in a Tech World  
How to Protect Kids in a Tech World  
Addressing Big Issues with Small Kids-Having Difficult Conversations



**Andrea Hendricks, Ph.D.** is a clinical psychologist who practices in Mountain Brook. She works with adults, adolescents, and couples through a range of issues, including depression, anxiety, eating disorders, pain management, and weight management. She enjoys working with adolescents dealing with life/school stress, body image issues, and decision-making.

Andrea Hendricks, Ph.D.



Tom Lamkin is the owner of uBreakifix (formerly Phone Restore) that will fix any phone, iPad, or computer. Tom began a new company, HomeTec360, based supporting parents in setting parental controls and other smart home integration. Tom is the parent of a 3<sup>rd</sup> and 6<sup>th</sup> grader at Crestline Elementary. He is passionate about protecting our kids from the dangers of social media.



Cindy Wiley, LPC

Cindy Wiley is a Licensed Professional Counselor who works with adolescents and adults dealing with anxiety, depression, grief and self-harm. In addition to individual counseling, Ms. Wiley has experience in facilitating groups, conducting parenting workshops and leading corporate trainings on emotional well-being. Cindy has served as a teacher, school counselor, and counseling supervisor for Shelby County Schools before opening her private counseling practice. She works with many students from the Mountain Brook and neighboring areas.



Anna Carlisle

Mrs. Carlisle is the counselor at Mountain Brook Elementary serving kindergarten through sixth grade. She has been an elementary school counselor since 2007. She is passionate about teaching students skills necessary to cope with life events to help them become successful adults who can attack life's challenges and turn them into opportunities for growth. She earned her Bachelor's degree in psychology from Berry College, a master's degree in marriage and family counseling from the University of Montevallo, as well as an Educational Specialists Degree in School Counseling from the University of West Alabama.



Dale Wisely, Ph.D.

Dale Wisely Ph.D. is Director of Family Life at Prince of Peace Catholic Church & School in Hoover, Alabama, a suburb of Birmingham. Prior to joining Prince of Peace, he was Director of Student Services and Community Education at Mountain Brook Schools (Alabama) for 12 years, where he continues to serve as a consultant. He has been a child and adolescent clinical psychologist for 36 years and was a founding member of the All In Mountain Brook organization.



Alexis Sapp, LPC

Alexis Sapp is a Licensed Professional Counselor and a National Board Certified Counselor. She holds a Bachelor's degree in Psychology from the University of Alabama at Birmingham and a Master's degree in Community Agency Counseling from the University of Montevallo. Her experience includes serving teens in a home facility, operating as a contractual counselor with DHR, and nine years working as a professional school counselor. Alexis is currently the owner of Alabama Child and Adolescent Counseling, LLC. Her mission is to empower children and their families to overcome personal obstacles, such as peer relations, self-esteem, anxiety and perfectionism; and to improve their quality of life.