

RAISING POSITIVE CHILDREN

PRESENTATION SERIES

FOR IMMEDIATE RELEASE

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Raising Positive Children Forum: “Managing Burnout as a Parent”

Pembroke Pines, FL (March 13, 2025) -- As part of the City of Pembroke Pines award winning series Raising Positive Children, parents, grandparents/guardians, educators and youth advocates are invited to experience a very special forum called “Managing Burnout as a Parent” on Tuesday, April 22, 2025, beginning at 6:30 pm at the Charles F. Dodge City Center, located at 601 City Center Way. Admission and parking are free. No ticket is required. Community resources will be present in the lobby and available prior to and after the event.

The special guest speaker is Dr. Claudia Vicencio, a licensed social worker, speaker, educator and Director of Outpatient Behavioral Health Services for Memorial Healthcare System, who will share information and strategies to identify parental burnout, its causes and long-term risks. Dr. Vicencio will share with the audience various approaches to reducing parenting stress and burnout, the physical and emotional exhaustion that can occur from chronic stress, as well as strategies that include boundary setting, self-compassion and making repairs with children. Dr. Vicencio’s presentation will not only instill hope but also give the audience tools that can be used in daily lives to transform parenting from “burned out” to flourishing.

Dr. Vicencio is on the board of the Florida Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling and has been serving as Board Chair since February 2022. With a PhD in Social Work, Dr. Vicencio focused on the impact of childhood adversity on adults’ attitudes toward seeking professional mental health and has extensive experience in community-based work with adolescents and their families. She has presented at numerous conferences, speaking engagements and made television appearances on topics that include mental health and wellness and suicide prevention. Dr. Vicencio works collaboratively across Memorial Healthcare System to design programming focused on maximizing resources and optimizing patient engagement.

“With over 13 Raising Positive Children Forums held in our city over the past seven years, I am honored to now be hosting this valuable and timely series that calls attention to and finds solutions for the many issues our parents and children face today at home and school,” said Commissioner Jay D. Schwartz. “I am thankful for Iris

Siple's contribution in creating this series and know how helpful the shared insights presented in these forums are for all who attend."

The community can learn more about the City of Pembroke Pines' latest events by subscribing to Pembroke Pines Media on YouTube, to NewsFlash, a monthly digital newsletter, at www.ppines.com/Newsflash, by reading the city's digital newspaper City Connect at www.ppines.com/cityconnect, by visiting the www.ppines.com, checking the city's digital signage, or by visiting the City's Facebook page at www.facebook.com/cityofpembrokepines, and @cityofppines for X and Instagram.

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