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Psychology Clinic offers free mental wellness workshops

JANUARY 25, 2007

The Psychology Clinic at Georgia Southern University will offer a series of workshops designed to help individuals who live in Bulloch County and the surrounding counties with common concerns in everyday living. Each workshop addresses a specific topic and will be led by graduate students in the Clinical Psychology master's degree program under the supervision of a licensed counselor.

All workshops will take place in the Paul F. Carroll Building, Room 2272.

The series begins with "Beating the Winter Blues" on Tuesday, Feb. 13, from 5-6:30 p.m. Topics include learning to recognize when the "blues" become a more serious depression; simple things anyone can do to improve their mood; and excellent self-help tactics and resources will be among the topics presented.

The second workshop, "Stress Mastery," will be held Tuesday, Feb. 27, from 5-6:30 p.m. Stress is an inevitable and sometimes overwhelming problem for many people in today's world. This workshop will help participants learn to identify and reduce stressors, and how to manage stressors that are unavoidable.

"Spring Cleaning: a Guide to Organizing Your Life" will be presented Tuesday, March 6, from 5-6:30 p.m. Getting rid of unwanted items and organizing the things you want to keep is a challenge for many. This workshop will focus on making the needed decisions and seeking support from friends and family in doing so.

The final workshop will be Tuesday, April 10, from 5-6:30 p.m. It is titled "The Worry Cure" and is based on the self-help book of the same title. Presenters will review the author's Seven Steps to help reduce worry and to lead a life free of unnecessary anxiety.

While these workshops are free to the public, they are limited to the first 12 participants who call. Spaces may be reserved by calling the Georgia Southern Psychology Clinic at 912-871-1685.

Fiddler and flutist present Irish music at Georgia Southern Feb. 2

JANUARY 25, 2007

The Center for Irish Studies will present master fiddler Brian Conway in a Sligo-style fiddling performance on Friday, Feb. 2, at 6 p.m. He will be joined by pianist and flutist Brendan Dolan for a concert at the Russell Union Theatre at Georgia Southern University. Their presentation is free and open to the public.

Brian Conway's CD, "First Through the Gate," was named CD of the Year in 2002 by Irish Echo, the largest Irish American newspaper in the U.S. Well known in the Irish Celtic community, Conway has won numerous All-Ireland fiddling competitions, and has been called one of the best fiddlers of his generation. He performs with a skill, grace and force that are steeped in County Sligo tradition but distinctively his own.

Conway, born in the Bronx, was encouraged early on in music by his parents, both from County Tyrone. Both played the violin, his mother a classical talent and his father a good Ulster player. He studied with two exceptional teachers, Martin Mulvihill and Martin Wynne. Later, Conway was deeply influenced by the playing of his friend and mentor, the great Andy McGann, a direct student of Michael Coleman, the most famous of the great County Sligo fiddlers.

Brendan Dolan, like his father Felix, is a much sought-after musician who offers brilliant accompaniment in such diverse settings as Irish, Jazz and even Klezmer music. The multi-talented Dolan plays the keyboard, flute, whistle, and is a music producer as well. He teaches at New York University's School of Continuing and Professional Studies, and has recorded with many of the best traditional musicians in Ireland and the U.S. including Billy McComiskey, Brian Conway, Joanie Madden, John Whelan, Cathie Ryan and the groups Atlantic Bridge(w/Karan Casey) and Live at Mona's.

Southern Conference on Children is Jan. 27

JANUARY 25, 2007

MEDIA ADVISORY

This is a reminder that Georgia Southern University will host the 20th annual Southern Conference on Children on Saturday, Jan. 27.

Approximately 700 childcare professionals and parents from throughout the region have signed up for the conference, which will run from 8 a.m. until 4 p.m. in the Nessmith-Lane Continuing Education Building.

The conference is geared toward childcare center directors and personnel, pre-school and pre-K teachers, kindergarten teachers and paraprofessionals, family childcare providers, and the parents of young children.

The workshops will include:

- **Let's Talk: Problem-Based Conferencing with Parents** This will be a discussion of techniques for child care providers and teachers to use in conferencing with parents about problematic issues in child development and behavior.
- **The How and Why of Inclusion** – Many people have heard that children with special needs should be included in regular classrooms and activities. Come learn why inclusion is beneficial for children with special needs and typically developing children, and join in a discussion for some great ideas on how to include children with special needs.
- **The Diet-Disease Connection in Children** – This session will focus on the relationship between healthy eating and reduced disease risk among children. The role of a phytochemical-rich diet based on the New Food Guide Pyramid guidelines will be emphasized. Practical tips and ideas for offering healthy meals and snacks in school and daycare food service will be discussed.
- **Playground Safety** – Most parents and caregivers believe that playgrounds offer fun and safe activities for kids, but sometimes there are hazards on the playground that can cause injury. Attendees will learn how to identify experts and training centers for playground safety standards; when children are at risk; where injuries usually occur; and the leading causes of playground injury and injury-related death.
- **Documenting the Development of Infants and Toddlers** – Explore how documentation can be initiated in your center's setting by reviewing realistic monetary and time expectations for the project. Sample anecdotal records, picture documentations, portfolios and research books will be provided for participants to view.

Members of the media are invited to cover the Southern Conference on Children. For more information, including the complete conference schedule and a list of all of the workshops, visit <http://ceps.georgiasouthern.edu/conted/scoc.html> or call (912) 871-1755 or (912) 871-1760.