OXFORD & LAKE ORION

PARENT EDUCATION FAIR

2026

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Saturday, November 7, 2026

Oxford Elementary School

8:15 am to 12:45 pm
*Keynote at 9:00 am



A MESSAGE TO OUR FAMILIES

Welcome to the Parent Education Fair! We are so glad you're here!

Parenting is meaningful, joyful work and it's also hard work! This event was created with one goal in mind: to inform and empower you, so you feel knowledgeable and equipped to support your child(ren), and to connect you with as many resources as possible.

This year, you'll hear from our **keynote speaker, Susan Graham**, a Certified Family Life Educator (CFLE). Her presentation, "**Don't Let Overload Run the Show: Simple ways to manage stress, support yourself, and regain capacity for what matters most**," offers a human-centered look at parents under pressure and the often-misunderstood role of self-care. What happens when the person responsible for so much is always on overload? Susan will explore how depletion affects the way we think, respond, and connect with our children. She'll also share practical tools for recognizing healthy versus unhealthy stress, understanding your own stress patterns, and building simple self-care into everyday routines.

Breakout Sessions

Every session topic was thoughtfully selected based on feedback from parents and past participants, as well as the current needs of our community. We hope you'll find something that speaks to you:

- How to start difficult conversations with your children
- Coping skills for PreK–8th grade children
- Online cyber safety: What should parents/caregivers know and look out for?
- Promoting early literacy at home
- Practical self-care and mindfulness for parents of kids of all ages
- Neuroaffirming tips for families: The power of predictability, balance, and joy
- The Compassion Advantage: Building neuroaffirming environments at home
- Organizational skills: Setting up an after-school routine to support homework, study skills, and a less stressful home

Community Resources

Throughout the event, be sure to visit our community resource tables as our local partners are here to connect you with support and services for your family.

Thank you for showing up for your children and yourself. We're honored to spend this time with you this morning! Enjoy the fair!

EVENT SCHEDULE

8:15 am	Registration Begins; Childcare drop off; Bagels and coffee
9:00 am	Keynote Speaker
10:00 am	Community Partners and Resource Browsing
10:30 am	Breakout Session 1
11:35 am	Breakout Session 2
12:30 pm	Closing and Raffle

KEYNOTE SPEAKER

Susan Graham, M.Ed., CFLE

Don’t Let Overload Run the Show

Simple ways to manage stress, support yourself, and regain capacity for what matters most.

A human-centered look at parents under pressure and the often-misunderstood role of self-care. What happens when the person responsible for so much is always on overload? We’ll explore how depletion affects the way we think, respond, and connect with our children. Our own capacity affects our ability to tackle daily obligations and manage everyday life. This can create a cycle that perpetuates the problem.

We’ll also look at healthy vs. unhealthy stress and how to tell the difference. Parents will leave with practical takeaways they can use to recognize their own stress patterns and understand their responses. We’ll look at simple regulation tools parents can apply immediately and model for their children, along with simple ways to build self-care into daily routines.



BIO

Susan Graham, M.Ed., CFLE, brings nearly two decades of experience in education and family engagement, including more than 13 years providing parenting education. Her work with parents, educators, schools, and communities focuses on practical, evidence-based strategies, stronger family-school connections, and building strong foundations for children and families. She holds a Master of Education in Trauma & Resilience and is a Certified Family Life Educator.

BREAKOUT SESSION

Renee Davidson, LMSW

Nurturing the Nurturer: Practical Self-Care and Mindfulness for Parents of Kids of all Ages

In order to help support children, parents need to feel regulated and supported themselves. During today's session, participants will immerse themselves in a variety of well-being practices. Be prepared to focus on your needs as parents, practice self-care options, and explore new skills including breathing exercises, mindful movements, environmental connection, creative expression, and relaxation.



BIO

Renee Davidson, LMSW is a dedicated mental health professional with over 30 years' experience as a social worker. Currently she is a Family School Liaison (FSL) at Oxford High School. Renee has spent her career supporting the emotional well-being of individuals and families. In 2026 she completed a second Master of Education, Social Emotional Learning, Mindfulness, and Yoga. This advanced training allows Renee to merge clinical social work with evidence-based wellness practices.

BREAKOUT SESSION

Bridget Green, LPC, NCC

Licensed Professional Counselor (LPC), National Certified Counselor (NCC), and Associate Clinical Director with Oakland Psychological Clinics, part of Optum Behavioral Care.

Big Feelings, Real Life: Practical Coping Skills for Kids (and the Grown-Ups Who Love Them)

In this workshop, parents and caregivers will explore why big feelings happen and how to respond to them in healthy, effective ways. Bridget will share easy, hands-on strategies that children can actually use—along with tips for grown-ups navigating stressful moments. Families will leave with a clearer understanding of emotional development and tools that make daily life a little calmer. This session is ideal for anyone looking to strengthen communication and connection at home.



BIO

With more than 15 years of experience in mental health, Bridget has worked with children, adolescents, adults, and families, helping them navigate life's challenges, manage big emotions, and build healthier relationships.

Throughout her career, Bridget has worn many hats—from therapist and clinical supervisor to organizational leader—but her passion has always been helping people better understand themselves and one another. She believes that emotional wellness doesn't have to be complicated and that sometimes the most effective tools are the simplest ones.

Bridget brings warmth, practical strategies, and a healthy dose of humor to her work. She understands that raising children can be equal parts wonderful, exhausting, and "Did that really just happen?" Her goal is to help parents feel more confident, connected, and equipped to handle life's inevitable big feelings—both their children's and their own. Above all, Bridget believes that children don't need perfect parents. They need present, connected adults who are willing to learn and grow right alongside them.

BREAKOUT SESSION

Dr. Adam “Dutch” Hazlett

Neuroaffirming Tips for Families: The Power of Predictability, Balance, and Joy

This session will introduce the PBJ framework and explain why creating neuroaffirming environments is so important for children and families.

The Compassion Advantage: Building Neuroaffirming Environments at Home

This session will focus more directly on how families can create those environments at home through curiosity, regulation, repair, unconditional belonging, and protecting the whole child.



BIO

Dr. Adam "Dutch" Hazlett is an autistic and ADHD educator, parent, author, and advocate who helps families create environments in which autistic children can feel understood, supported, and confident in who they are. As the founder and executive director of the autistic-led Humanities 101 Foundation, he promotes practical, compassionate approaches that move beyond simply including autistic children toward creating genuine belonging.

Dutch is also a tenured humanities professor at Henry Ford College and a Fulbright Specialist. He recently returned from a lecture tour of Central Asia, where he spoke about American culture, disability, education, and the power of storytelling to build understanding across cultures. His forthcoming book explores how parents and caregivers can help autistic boys grow into confident, compassionate, and caring men. Drawing from scholarship, lived experience, and parenthood, Dutch offers families realistic strategies they can use to help autistic children thrive.

BREAKOUT SESSION

Lauren Yearego

How to Start Difficult Conversations with Your Children

Have you ever had trouble figuring out how to start an important, or maybe even difficult, conversation with your elementary, middle, or high school student? Join NOCC and special guest Lauren Yearego, to learn and practice strategies that open the door to great communication and stronger connections with your child. This session will include lots of practice opportunities.

Two sessions:

Elementary Topics: Session 1
Secondary Topics: Session 2



BIO

Lauren Yearego, owner of Yearego Professional Counseling in Lake Orion, brings over 10 years of clinical counseling experience. Specializing in childhood abuse and trauma, Lauren has dedicated her career to helping children, adolescents, and adults navigate their healing journeys. Her background includes serving as the Clinical Coordinator and mental health therapist at the Lapeer Child Advocacy Center, where she provided trauma-informed therapy in the immediate aftermath of the disclosure of child abuse. After serving at the CAC, she started her own practice to expand to working with adults, as well as a variety of other disorders and demographics. Beyond trauma, Lauren addresses issues like adoption and foster care, mood disorders, parenting challenges, and life transitions. Passionate about hearing the stories of others, she emphasizes the power of resilience and mutual growth within the therapy environment.

BREAKOUT SESSION

Dr. Christine Russell

Successful Home Routines: Moving from Chaos to Calm

When homework battles, lost belongings, and emotional meltdowns occur, the core issue is rarely defiance - rather difficulty is typically with self-management and emotional regulation. Join this session to discuss how to establish effective emotional resets, partner with your child to create visual routines, and use simple time-management tools that build lasting skills and independence. This session is appropriate for parents of any K-12 child.



BIO

Dr. Christine Russell is the Director of MTSS for Oxford Community Schools. She has a background as a school psychologist and has served in a variety of MTSS capacities across the State of Michigan. For the last eight years, Christine has supported Oxford in their systems, data, curriculum, and implementation of Tiered supports in the areas of Attendance, Math, Reading, Writing, and Behavior/Social-Emotional Health.

BREAKOUT SESSION

Beth Delano

OXFORD COMMUNITY SCHOOLS
READING SPECIALIST TEAM

Promoting and Supporting Literacy at Home for Children (Grades 1-5)

Did you know reading success starts long before your child opens a chapter book? Join us for an engaging, hands-on workshop designed especially for parents of 1–5 students! You'll walk away with practical, research-based strategies you can use tonight — not someday. Together, we'll explore the five essential building blocks of reading:

- Phonological Awareness: playing with the sounds of language
- Phonics: cracking the code of letters and sounds
- Fluency: reading smoothly and with confidence
- Vocabulary:growing word power every day
- Comprehension: helping readers understand and think deeply about text

Come ready to learn, ask questions, and leave as your child's favorite reading partner!

Simple, Joyful Ways to Help Your Early Reader Thrive (PreK, DK, and K)

Join the Oxford Community Schools Reading Specialist Team for an engaging educational workshop designed for parents of Pre-K, DK, kindergarten, and first-grade students!

Discover easy, meaningful ways to practice early literacy skills at home while making reading a fun and special part of family life. Parents will experience hands-on activities and take home practical ideas to support their child's reading journey.

You'll Learn How to:

- Build strong foundational literacy skills that build upon one another
- Encourage a lifelong love of reading
- Grow your child's vocabulary
- Experience an ETR (Event-Text-Relationship) with a non-fiction text
- Create meaningful family connections through reading and play

Come learn, connect, and leave with activities your family can enjoy together!



BIO

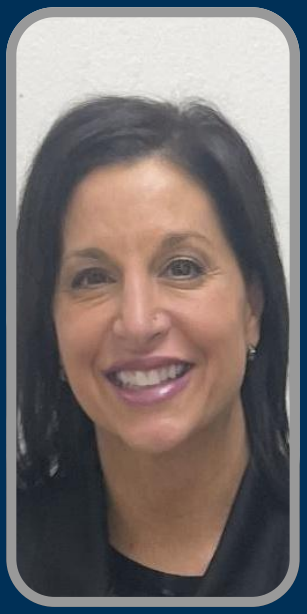
Beth Delano is a dedicated educator with 24 years of service to Oxford Community Schools. A proud Michigan State University graduate, Beth earned her Master's degree from Oakland University and began her teaching career in a special education POHI classroom. Over her 25 years in education, she has taught 1st, 2nd, and 4th grades and served as a Reading Specialist for 11 years before transitioning into her current role as a K–5 Literacy Coach. Driven by a lifelong passion for inclusive education, Beth is committed to opening the doors of literacy to all learners.

BREAKOUT SESSION

Detective Jennifer Eriksen
Deputy Scott Rafalski

Cyber Smarts: Protecting Your Family in the Digital Age

In today's hyper-connected world, cybersecurity isn't just an IT concern- it's a parenting priority. This breakout session dives deep into the evolving landscape of online risks, from social media pitfalls and gaming chat vulnerabilities to phishing scams and digital footprints. Participants will gain a clear understanding of the threats children face online and learn practical strategies to safeguard their digital lives.





BIOS

Detective Eriksen is a seasoned law enforcement professional with over 23 years of service to the Oakland County Sheriff's Office. Her years spent as an SRO, in addition to her current role as Detective, have provided her expertise in criminal investigations, digital threats, and cyberbullying. She remains committed to safeguarding families and strengthening community safety.

Deputy Rafalski has been in law enforcement for 20 years and has served as an SRO for the past five years. His two goals have remained the same as an SRO: to ensure every individual leaves school the same way they arrived and to make a positive impact on as many students as possible. He recognizes that this is not always easy given the nature of his role, but he wants the best for every student, even those who may view him negatively due to certain circumstances. Above all, Deputy Rafalski hopes to see every student succeed in their future.

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