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Anti-bullying workshop set for Aug. 27 at library

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Courtesy of THE VILLAGE OF PINECREST

BY LEE STEPHENS, CONTRIBUTOR
COMMUNITY NEWSPAPERS

Pinecrest will host a "Back to School Bash" on Saturday, Aug. 27, from 10 a.m.-1 p.m. at the Pinecrest Community Center.

Following the event, the Pinecrest Branch Library will host a workshop for parents and children on "How to Stop Bullying." The workshop will start at 1 p.m. and last until 3 p.m.

The workshop will offer support and practical steps to help parents deal with the serious issue of bullying in schools. Anti-bullying advocate Kathy Hersh, along with teachers from South Miami's Perfect Balance Martial Arts and Fitness Studio, will discuss how to change your life by changing your thinking.

The program is designed to help parents understand the subject of bullying and how harassment affects children. Children will be able

to role play scenarios and learn how to diffuse a negative situation. The workshop emphasizes the use of non-violence and will instill a level of confidence when standing up to an aggressor. The session also will tell how to recognize the warning signs when a child is being targeted and offer tips on when to intervene and when to disengage from a conflict.

Whether it is bullying in the workplace, the classroom or online, all issues and concerns will be addressed at the meeting.

For more information, contact Ellen Book, manager, Pinecrest Branch of the Miami-Dade Public Library System, at 305-668-4571 or go to www.mdpls.org.

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