

RAISING A RESILIENT CHILD



– NOVEMBER EVENT –

Guest Speaker:

ADAM RUSSO, LCSW

CEO of Edgewood Clinical Services will be joining us a second time to lead us in a conversation about how to establish and shore up the values for your family. These values are a boundary and buffer to cultural and societal influences and pressures that can impact our children's well-being (social media, travel sports, AP classes, the pressure to choose and go to the best college, and more).

Thursday, November 15, 2018 • 6:30pm

– DECEMBER EVENT –

Guest Speaker:

DYLAN BLANCHARD

There will be a circle discussion with Dylan, as he shares experience with anxiety/ depression during his time at DGN. We will also chat about what we've learned in 2018 and what we want to discuss in 2019.

Thursday, December 13, 2018 • 6:30pm

Where:

ANDERSON'S BOOKSHOP

5112 Main St., Downers Grove

Call **630.963.2665** to register

This FREE event is OPEN to everyone!

 Connect with our Facebook group: *Raising a Resilient Child*

SAVE THE DATE: January 17, 2019

Raising a Resilient Child is a monthly event hosted by Anderson's Bookshop in Downers Grove. We meet on the 3rd Thursday of the month at 6:30 pm. Our goal is to help parents, educators, and caregivers equip their children with the tactics and life skills to help build resilience in order to deal with the increasing stress of adolescent and teen lives.