

Pleasanton Unified School District in partnership with the Pleasanton PTA Council
present:

Building Resilience in Children and Teens

Free!



When: Thursday, March 31, 2011 7:00 – 9:00 p.m.
Where: Amador Theatre
Instructor: Dr. Kenneth Ginsburg, (as featured in the film, “Race to Nowhere”) is a nationally renowned pediatrician, specializing in Adolescent Medicine at The Children’s Hospital of Philadelphia, PA

The teen world can be an extremely stressful one, filled with academic, social, interpersonal, and familial demands, sometimes challenging, sometimes overwhelming. As parents we understand that roadblocks, challenges, periods of frustration will occur. Knowing this, how do we help our children face these times with courage, a clear mind, and a positive attitude? How do we help them, not only to “bounce back”, but also, to thrive during these difficult times?

As one of the nation’s leading authorities in the field of Child and Adolescent Resilience, Dr. Kenneth Ginsburg, opens his "tool kit" and offers practical ideas and step by step, concrete strategies for building resilience in our children by developing Competence, Confidence, Connection, Character, Contribution, Coping and Control. Learn how to develop your teen’s personal guide to manage stress. These preventive strength-building strategies may make young people less likely to turn to the quick easy fixes we fear (sex, drugs, self harm, eating disorders, etc.).

NO Pre-registration required

**For more information, please contact: 925-426-4280 or go
online at www.pleasanton.k12.ca.us/adulted**