

St. Clare School Council invites you to a free information session on...

# RAISING RESILIENT CHILDREN

Presented by

## **Dr. Maggie Mamen**

Clinical and Counselling Psychologist and Best Selling Author



### **Parents will learn:**

- Common sense strategies to approach parenting resilient children
- Resources and lessons children need to learn to handle the real world
- How to balance keeping our children safe and encouraging self-sufficiency
- To explore challenges of information overload, contradictory advice, busy lifestyles
- To recognize children experiencing anxiety and stress

**Wednesday, April 11<sup>th</sup>, 2018 7-9pm**

St. Clare Elementary School Gym  
2133 Gardenway Drive, Orleans  
(child care entrance by side parking lot)

Please **RSVP** by April 9<sup>th</sup>, 2018 to Alexandra Coghlan:

[funatschool@gmail.com](mailto:funatschool@gmail.com)

(adults only due to sensitive topics)

