

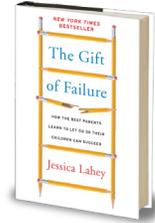
Parent Workshops 2019-2020



***The Gift of Failure* with Jessica Lahey**

September 19, 2019 • 7:00 p.m. • Hubble Middle School

Jessica addresses “overparenting” with the helpful authority of a seasoned teacher and the empathetic, often humorous, personal perspective of a mom who has truly been there. Children learn and develop best when they are given autonomy, allowed to feel competent and valued for the content of their character rather than the letters on their report card. She also provides actionable recommendations to help parents (and the educators that work with them) reframe children’s temporary setbacks as beneficial steps toward lasting, longer-term success.



*This event is co-sponsored by
the Student Excellence Foundation
and District 200.*



***Navigating Social Life in a Digital World: Skills and strategies to help teens effectively manage technology’s new role in peer relationships* with Jill Walsh**

November 18, 2019 • 7:00 p.m. • Wheaton North High School

Dr. Jill Walsh is a researcher and lecturer at Boston University. She studies teens’ digital lives and translates that on a global scale to help close the generational gap so that parents can make informed decisions around the digital, social, and emotional health of their children. Her talk focuses on providing parents with practical strategies to help their teens manage the social challenges they often face when communicating with peers on their devices.



SCREENAGERS: The Next Chapter, Empowering Youth with Stress Resilience

February 2020 – More details to come!

SCREENAGERS Next Chapter is a film about helping young people thrive in our screen and stress-filled world. Filmmaker and physician Delaney Ruston uses a personal lens and professional eye to help parents flip the script on stress, anxiety, and depression. We follow Delaney as she suddenly finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. Ruston sets out to uncover how we understand these challenges in our current screen-filled society. And how we as parents and schools empower teens with skills to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience.



***When panic turns to pain, helping to navigate teen anxiety* with Jennifer Stenzel**

April 14, 2020 • 7:00 p.m. • Prairie Path Books in Town Square Wheaton

Panic, anxiety, depression—all can manifest themselves in a variety of ways. Jennifer explores factors that contribute to these concerns as well as ways to identify unhealthy coping responses in children and adolescents. Conversation will occur around positive parenting strategies that encourage effective communication and promote healthy coping responses.