



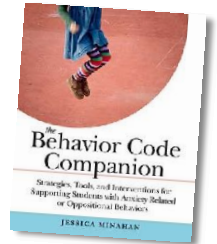
Jessica Minahan

STOP SHOUTING AND START UNDERSTANDING: CHILDREN WHO CHALLENGE US

Thursday, February 28, 2019 - 7 p.m.

Glenbard South, 23W200 Butterfield Road, Glen Ellyn

Internationally celebrated speaker Minahan will discuss approaches to understanding and intervening in patterns of problem behavior. Through the use of humorous stories and examples of common challenging situations, participants will learn easy-to-implement interventions to reduce anxiety, increase self-regulation, and enhance executive functioning skills. This presentation will offer a systematic approach to develop coping skills and decipher causes and patterns of difficult behaviors. Minahan provides a real-world approach that gives teens strategies to help them succeed.



This free program is open to the public. CPDUs are available.

For information, visit facebook.com/glenbardparentseries or contact Gilda Ross, Glenbard Student and Community Projects Coordinator at 630-942-7668 or by email at gilda_ross@glenbard.org