



A day with
Katie Hurley

NO MORE MEAN GIRLS OR BOYS: RAISING JOYFUL CHILDREN IN STRESSFUL TIMES
Wednesday, March 13, 2019

Raising healthy, confident, capable kids is an increasingly challenging task for parents today. Acclaimed author and psychotherapist Katie Hurley knows the key to raising strong, independent, and compassionate children is nurturing the skills of well-being. Here is a practical research-based guide to helping teens navigate the challenging terrain of adolescence, to enjoy positive relationships, and good mental health.



This presentation will help parents recognize the symptoms and understand the triggers of stress and anxiety, and discover practical coping strategies to target those stressors in themselves and others. By exploring the unique needs of each child, we can lower frustration, increase empathy and resilience to guide girls and boys to their fullest potential without sacrificing their inner joy.

12 p.m. Marquardt District #15 Admin Center, 1860 Glen Ellyn Road, Glendale Heights, IL 60139
7 p.m. Glenbard North, 990 Kuhn Road, Carol Stream

JOYFUL CHILDREN: PEACEFUL FAMILIES / EARLY CHILDHOOD EVENT *(Children 3-10 years of age.)*
Wednesday, March 13, 2019



By exploring the differences among introverts, extroverts, and everything in between, this definitive presentation offers parents the specific strategies they need to best meet their child's individual needs to maximize their strengths and contentment. Participants will learn how to observe and tap into children's temperament, personality traits and interests to better accept, communicate, and connect, to be the best parent they can be.

9:30 a.m. Marquardt Administration Center, 1860 Glen Ellyn Road, Glendale Heights

These programs are free and open to the public. CPDUs are available.

