

DATE: Tuesday April 25th from 6-8 pm

LOCATION: Learning Commons
Dundas Valley Secondary School
(310 Governors Road West, DUNDAS)



Dr. Behnke-Cook will outline what resiliency really is, why it matters, how it impacts the lives of our young people and the choices they make around relationships, their education and how they think about themselves. Join us for a set of “go-to” strategies for parents to support the development of resiliency in their sons and daughters.

DVSS presents:

Raising Resilient Young People

A TALK BY DR. DEANNA BEHNKE-COOK



Dr. Deanna Behnke-Cook earned her Ph.D. from McMaster University where she focused her efforts on examining education and its impact on youth risk behaviours.

Dr. Behnke-Cook is also the author and coordinator of The IDEAs Program, (informed decisions empowering adolescents) a peer mentor-led youth risk intervention delivered in several Boards of Education in Southern Ontario. Her passion for supporting the young people she has the pleasure of working with allows for the amazing opportunity to turn academics into action.

In addition, she is also the mother of 5 and a breast cancer survivor.