

Glendale Secondary School—School Council

Presents

RAISING RESILIENT TEENS

Guest Speaker

Carla LaBella (M.A., CAPP)

Professor of Psychology



TUESDAY, May 7th

Glendale Secondary School
145 Rainbow Drive, Hamilton

(905)560-7343

6:30-8:30

Auditorium

As parents and caregivers, how can we raise resilient teenagers? Your kids will experience many disappointments and challenges in life ... what can YOU do as parents to help them embrace these situations and emotions and ultimately grow *from them*?

Join us in this interactive workshop to learn strategies that will help you raise resilient teenagers that can not only cope, but *thrive*.

AGENDA

6:30-7:00—Storefront displays from our community partners

7:00-8:00—Interactive Workshop

8:00-8:30—Q&A and *Storefront displays

*Community Partners including CAMH, Alternatives for Youth,
Hamilton Public Library, Schizophrenia Society, CMHA, Public Health,
Kiwanis Boys & Girls Club and more....