



Today's children face a great deal of stress - academic performance, heavy scheduling, high achievement standards, family tension and peer pressure . . .

Show your children how to bounce back--and THRIVE--with coping strategies from one of the nation's foremost experts in pediatric and adolescent medicine.

**The District 220 PTO Presidents' Council proudly presents an evening with**

**Dr. Kenneth Ginsburg**

**author of**

**"A Parent's Guide to Building Resilience in Children and Teens:  
Giving Your Child Roots and Wings"**

**on**

**Thursday, February 25th**

**at 7:00 pm**

**in the Barrington High School Auditorium**

Learn how to raise resilient children who are capable of dealing with life's difficulties and who learn from personal defeats, while at the same time fostering an understanding of "authentic success". Dr. Ginsburg's presentation uses humor, real-life scenarios, and poignant cases in addressing the "7 C's" of resilience. He is also the co-author of "But I'm Almost 13!: An Action Plan for Raising a Responsible Adolescent" and "Less Stress, More Success: A New Approach to Guiding Your Teen Through College Admissions and Beyond." This program is for parents of pre-schoolers through high schoolers!

This program is free to all CUSD 220 residents thanks to the generous sponsorship of the District 220 Educational Foundation.

Questions? Contact Sue Randall at DRAND360@aol.com or Barb Karon at RKaron1@aol.com.