

Parents, Educators, and Community Members: Highland Middle School Administration and Social Work Department invites you to join us for an evening of learning and discussion on learning the essential tools to building resiliency in our students.



Building Resilience:

Understanding Adolescent Stress & Anxiety

&

Promoting Self-Advocacy and Independence

Tuesday, December 10, 2019

7:00pm - 8:00pm

Highland Middle School - Learning Center

310 W. Rockland Road

Libertyville, IL 60048

Don't miss this free program with guest speaker Jackie Rhew, LCPC, Clinical Liaison at AMITA Health Alexian Brothers Behavioral Health Hospital, as she discusses the essential tools to build resiliency in adolescents. This presentation will review specific interventions designed to assist children in managing their stress and anxiety. In addition, discuss how to promote increased motivation, healthy goal setting, and active school engagement in our children. Attendees will learn how to develop parenting strategies to assist their children with healthy coping responses and engage them in effective communication and language that promotes self-advocacy and independence.

Space is limited for this *FREE* event - please register at:

<https://tinyurl.com/HMSParentNight>



ABOUT OUR PRESENTER: Jacqueline Rhew is the co-founder of the Center for Emotional Wellness of the Northwest Suburbs; she is an expert in her field and is called upon by hundreds of school districts both locally and internationally for consulting staff in order to better serve their youth. Jacqueline serves as a clinical liaison for AMITA Health Alexian Brothers Behavioral Health Hospital.