

# RAISING A RESILIENT CHILD



## - FEBRUARY EVENT -

Guest Speaker:

## STACEY PATTERSON

*In February Stacey Patterson will lead our discussion about what is bullying and what is not. Our children need to be able to discern what to do when someone is being unkind to them so they don't have to use the "B" word to make their concerns matter. Stacey will also review highlights of her talk last month "Sitting With Your Child's Pain".*

**THURSDAY, FEBRUARY 21, 2019 • 6:30-7:30PM**

## - MARCH EVENT -

## NAVIGATING SOCIAL MEDIA - A COMMON SENSE APPROACH

*Officer Jeff Bean is a 20 year veteran police officer who has been speaking since 2012 to help inform parents, educate kids, and train school staff on topics like cyberbullying, sexting, and internet safety. He has been active on social media over the past decade. He is familiar with the most current and popular apps and know what kids are really doing online. By using real life examples, both as a police officer and parent himself, Jeff conveys a common sense approach on how to protect our kids in the ever changing world of social media.*

**THURSDAY, MARCH 14, 2019 • 6:30-7:30PM**

### **Where:**

**ANDERSON'S BOOKSHOP**

5112 Main St., Downers Grove

Call **630.963.2665** to register

**These FREE events are OPEN to everyone!**

 Connect with our Facebook group: *Raising a Resilient Child*

**SAVE THE DATE: April 11, 2019**

Social media - new platforms, what to watch for and building boundaries

*Raising a Resilient Child is a monthly event hosted by Anderson's Bookshop in Downers Grove. We meet on the 3rd Thursday of the month at 6:30 pm. Our goal is to help parents, educators, and caregivers equip their children with the tactics and life skills to help build resilience in order to deal with the increasing stress of adolescent and teen lives.*