

Building Resilience in Children and Teens: Preparing Our Children for Life

Dr. Kenneth Ginsburg

Thursday, March 25, 2010

6:30-8:30pm

6:00pm Community Social

Gunn High School, Spangenberg Theatre

780 Arastradero Road, Palo Alto, CA



Admission is FREE • No RSVP • Please carpool and arrive early, parking is limited
Live Spanish translation available

Using real-life scenarios, humor and poignant cases, Dr. Ken Ginsburg will teach all of us how to raise resilient children who can deal with stress in an increasingly complex world. Dr. Ginsburg's unique perspective emphasizes the developmental strengths of youth, equipping participants with skills needed to better teach kids to help themselves.

Learn how to:

- Develop the seven C's:
Competence, Confidence, Connection, Character, Contribution, Coping & Control
- Recognize the red flags that may indicate when a child/teen is at risk.
- Support children and teens to develop positive coping strategies.

Dr. Kenneth Ginsburg, M.D., MS Ed, FAAP, is a nationally renowned pediatrician, specializing in Adolescent Medicine at our nation's largest adolescent health clinic The Children's Hospital of Philadelphia. He is a leading authority on developing resilience in children and adolescents. Dr. Ginsburg is the director of Health Services at Covenant House of Philadelphia, a shelter for homeless and disenfranchised youth. His books include "A Parent's Guide to Building Resilience in Children and Teens", "But I'm Almost 13; An Action Plan for Raising a Responsible Adolescent", and is co-author of "Less Stress, More Success".

Kepler's will be selling Dr. Ginsburg's books.



Thank you to our Sponsors: Los Altos-Mountain View PTA Council, Mountain View-Los Altos High School Foundation, Mountain View-Los Altos High School Speaker Series, Palo Alto Council of PTAs, Palo Alto School PTAs, SHARE, Mountain View High School Challenge Success, Mountain View High School PTSA, Loyola Elementary PTA, LAUMC Children's Center Preschool, United Methodist Church, Lucile Packard Children's Hospital, Blach Intermediate PTA, Egan Intermediate PTA, Bullis Charter School, Palo Alto Medical Foundation, The Children's Health Council, Palo Alto City Libraries, All Saints' Episcopal Church of Palo Alto, Congregation Beth Am, St Mark's Episcopal Church of Palo Alto, Grace Lutheran, First Presbyterian Church Palo Alto
Thank you to the **Marriott Courtyard Palo Alto/Los Altos** for supporting our community by hosting Dr. Ginsburg.

Directions and event details: <http://info.paloaltopta.org/>