

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

Dr. Ken Ginsburg



Thursday, March 25, 2010
6:30–8:30pm

Gunn High School, Spangenberg Theatre
780 Arastradero Road, Palo Alto, CA

Admission is FREE / No RSVP

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

Dr. Ginsburg will open his “tool kit” and offer practical, concrete strategies for:

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

Dr. Ginsburg, M.D., MS Ed, FAAP is a nationally renowned pediatrician, specializing in Adolescent Medicine at The Children’s Hospital of Philadelphia and a leading authority on developing resilience in children and adolescents He 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 co-author of “*Less Stress, More Success*”.



Kepler’s will be selling books before and after.
Please carpool and arrive early, parking is limited.

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