

# “Building Resilience in Children and Teens: Preparing Our Children for Life”

## Dr. Kenneth Ginsburg

**Thursday, March 25, 2010**

**6:30-8:30pm**

(6:00-6:30pm Community Social & Resource Fair)

### **Gunn High School Spangenberg Theatre**

780 Arastradero Road, Palo Alto

**Admission is FREE / No RSVP**

**Please carpool and arrive early, parking is limited**

**Live Spanish translation available**



Dr. Ken Ginsburg will discuss 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 parents and educators with skills needed to better teach kids to help themselves.

#### **Learn how to:**

- **Support children and teens to develop positive coping strategies.**
- **Recognize the red flags that may indicate when a youth is at risk.**
- **Help youth develop the seven C's: competence, confidence, connection, character, contribution, coping & control**

**Dr. Kenneth R. Ginsburg, M.D., MS Ed, FAAP**, is a nationally renowned pediatrician, specializing in Adolescent Medicine at our nation's largest adolescent health clinic in Philadelphia. He is also 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"*.

**Thanks to our many generous sponsors:** Palo Alto Council of PTAs & local PTAs, Challenge Success, Youth Community Service, Adolescent Counseling Services, SHARE (Student Health Awareness through Resource and Education), Palo Alto Medical Foundation, Lucile Packard Children's Hospital, 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 Church of Palo Alto, First Presbyterian Church Palo Alto, Nature's Alley Floral Shop, Los Altos-Mountain View PTA Council & local PTAs, Mountain View-Los Altos High School Foundation, Mountain View High School Challenge Success, Los Altos United Methodist Church, Marriott Courtyard Hotel, Kepler's will sell books.

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

