

Building Resilience Series

Monthly talks and special events about supporting the emotional wellness of kids and teens. All events are FREE and open to the public. Please register at Eventbrite.

Dialectical Behavior Therapy: Creating a Better Understanding

February 5, 2020, 1:00-2:30PM

NWH: Shipley Auditorium

Andrea Rego, LICSW and Susan Maxwell, LICSW

Join us to learn how to de-escalate and regulate student's emotions with DBT skills.

<https://buildingresilienceseries-dbt.eventbrite.com>

Cannabis, Vaping and Nicotine Addiction

March 4, 2020, 4:00-5:30PM

NWH: Shipley Auditorium

Elizabeth Booma, MD

Join us for a discussion about marijuana, vaping and nicotine. Learn the facts and talk to your kids.

<https://buildingresilienceseries-marijuana-vaping-nicotine.eventbrite.com>

Raising Resilient Kids

April 29, 2020, 8:45-10:00AM

NWH: Shipley Auditorium

Juliana Chen, MD and Tai Katzenstein, Ph.D

Please join us for a talk and Q&A discussion for parents on how to build resilience and best support the overall emotional wellness of our younger children.

<https://buildingresilienceseries-raisingresilientkids.eventbrite.com>

Movie screening and panel "If They Had Known."

May 13, 2020, 6:15pm

NWH: Shipley Auditorium

"If They Had Known" is a 35 minute documentary program that focuses on today's party culture and the risks of recreationally mixing prescription drugs with alcohol. The film will be followed by a panel discussion featuring experts from NWH child psychiatry and the substance use service.

Eventbrite link to come. Stay tuned!



To learn more about The Resilience Project and/or supporting the emotional wellness of kids and teens, please follow us on Facebook:

@NWHResilienceProject (www.facebook.com/NWHResilienceProject)