



Temple Ahavat Shalom

presents

D.E.A.R.

“Developing & Encouraging Adolescent Resilience”

A series of 10 workshops designed for parents and other individuals living with or working with teenagers.

Topics will include:

- an exploration into the brains of adolescents with a focus on understanding the reasons that adolescents do the things they do
- recognizing common dangerous trends teenagers use to cope with stress, and learning tools which will facilitate their healthy growth
- encouraging the development of resilience tools in our teens
- recognizing the unique roles that we play in the lives of adolescents

Tuesdays, Feb. 7 ~ Apr. 17, 2012

6:45 – 8:00 p.m.

(no class April 3)

Cost: \$50.00 for TAS Members

\$75.00 for non-members

Course reader included!

(Scholarships available based on financial need)

The workshop is facilitated by Lila Snow, M.A. (Ed. Psych) who developed this program utilizing current research on resilience and parenting, along with the methodology proposed by Rabbi Edythe Mencher, author of Resilience of the Soul. Ms. Snow has extensive experience with children, adolescents and parents, and conducts parent education workshops throughout Los Angeles. She has taught courses in Human Development, Educational Psychology, and Early Childhood Education at Pierce College, CSUN, and the American Jewish University. Additionally, Ms. Snow was the Early Childhood Education Center Director at Temple Ahavat Shalom from 1993 through 1999.

For more information and to register, contact Lila Snow at lilasnow@msn.com

This course is sponsored by the Resilience Committee and the Marisa Ingram Memorial Fund

Temple Ahavat Shalom
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