

Family Room Parenting Center presents

The Happy Kid Handbook

Meet the Author

Mandell JCC
Brings You The
Best In Parenting

Tuesday, November 3 | 7pm
Mandell JCC

FREE and open to the community
Book available for purchase



"I LOVE KATIE'S real-life approach to surviving our children's childhood, and being the best parents we can for them. Here's to happy kids... and sane parents!"

-Jill Smokler, *New York Times* bestselling author of *Confessions of a Scary Mommy*

Meet author and West Hartford native Katie Hurley as she discusses her new book *The Happy Kid Handbook: How to Raise Joyful Children in a Stressful World*.

KATIE WILL DISCUSS:

- What makes your child tick? - The importance of understanding the child as an individual
- Triggers of childhood stress
- The importance and power of "play"
- Teaching children to cope with their feelings
- And more!

RSVP for the discussion at the Member Services Center, 860-236-4571. For more information contact Jane Pasternak, 860-231-6342, jpasternak@mandelljcc.org



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