

got resilience?

Is your child prepared for his or her next step? Join us on Tuesday, January 19th at 7:00pm in the Darien High School Auditorium as five local experts give parents strategies to help kids build resilience as they transition to their next life stages. Appropriate for parents of elementary, middle and high school students.

The panel will focus on the five assets from The Youth Asset Survey conducted last year that are most closely linked to substance abuse and risky behaviors. Carrie Bernier, Executive Director, The Community Fund of Darien will frame the discussion and Maud Purcell, Founder and Executive Director, The Life Solutions Center of Darien will moderate. *Each panelist will provide five concrete steps for each asset to empower parents to empower their children.*

Panelists and assets include:

- Tara Levinson, Ph.D. – Licensed Pediatric and School Psychologist – Positive Identity and Self-Esteem
- Jamie Roach Murray, M. D., Pediatrician and Co-Founder, PEACH Advisors, LLC – Adult Role Models
- Debi Boccanfuso, Ed.D. – Principal, Middlesex Middle School and author of “11 Easy Steps to Raising a Brat” – Peer Pressure and Resistance Skills
- Tracy Masella, LCSW, Social Worker, Silver Hill Hospital - Family Boundaries
- Vince Benevento, LPC, Founder and Director, Causeway Collaborative – Planning and Decision-Making