


RFH PTSA 
Friends of
Different Learners

RUMSON-FAIR HAVEN REGIONAL HIGH SCHOOL
SPECIAL SERVICES DEPARTMENT
Present



Building Resilience:

Helping our Kids Bounce Back From Adversity

Thursday October 16th
7:30 pm
Lower Library
Rumson-Fair Haven Regional High
School
74 Ridge Road, Rumson
(Enter through the rear of the building)



The ability to adapt well to stress and adversity, to solve problems, to deal with anxiety, and to cope with uncertainty are all components of what we call resilience. It is often tempting for parents to want to smooth the path for their children at any age, to keep their children from having problems. Unfortunately, life is always likely to throw us a curve ball, and if kids do not learn how to handle life's bumps and challenges now, it will be harder for them when they are adults.

Fortunately, resilience is something that can be taught. This talk will define resilience, identify why it is important for children at all ages, and what you can do as parents to help develop resilience in your child.

Featured Speaker: Alison P. Block, PhD

Dr. Block is a licensed psychologist and the Director of the Health Psychology Center in Little Silver. In her Little Silver practice, Dr. Block works with many children and adolescents with anxiety disorders, depression, attentional and social issues and other challenges. She is also the psychologist for the Department of Medicine at Monmouth Medical Center and a clinical instructor in Medicine at Drexel University.

PLEASE REGISTER at www.RFHFODLBuildingResilience.eventbrite.com

This event is free of charge but we ask that you register in advance to ensure we have chairs for all attendees.

Questions? Contact RFHFODL@gmail.com

PTSA Mission: The RFH PTSA is dedicated to the health, well-being, and educational success of our students through strong parent and community involvement. We invite all parents, faculty, and students to join with us to achieve our goals