

## Raising Resilient Kids in a Stressful World

### Katie Hurley, L.C.S.W.

Thursday, November 29, 2018 - 7:00 - 9:00pm  
Los Altos High School, Eagle Theater  
201 Almond Ave, Los Altos, CA

In a world that runs on stress, pressure, and competition, it can be difficult to build resilience in children. Katie Hurley, child and adolescent psychotherapist, gives parents the tools they need to:

- identify and understand the obstacles their kids face
- enable their kids to learn how to cope with setbacks
- equip their kids to bounce back from stress.

By understanding how children internalize stress and pressure and learning how to empower kids to work through the ups and downs of childhood and adolescence, parents can raise kids who lead with confidence, compassion, and empathy.

**Audience:** K-12 parents and students, caretakers, and teachers

**Translation:** Spanish available

**Admission:** Free

**Register:** <https://mvla2018-19-katiehurley.eventbrite.com>

### About Our Speaker



**Katie Hurley, L.C.S.W.**, child and adolescent psychotherapist, parenting expert, and writer, earned her B.A. in psychology and women's studies from Boston College, followed by her M.S.W. from the University of Pennsylvania.

Ms. Hurley is the founder of "Girls Can!" empowerment groups for girls between ages 5-11 and the author of *No More Mean Girls* (2018) and *The Happy Kid Handbook* (2015). Her work can be found in *The Washington Post*, PBS Parents, and *US News and World Report*, among other media.

Ms. Hurley practices psychotherapy in the Los Angeles area and splits her time between Los Angeles, California, and coastal Connecticut with her husband and two children.

