

Press Release



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D303 Parent University Presents Fostering Resiliency and Promoting Emotional Growth in Children

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As much as we may try as parents, it is not possible to protect our children from all the ups and downs of life. Raising resilient children, however, is possible and you can help provide them with the tools they need to respond to the challenges of adolescence and young adulthood. The key to resiliency is changing how we think about challenges and adversities.

Join us for District 303 Parent University “Fostering Resiliency and Promoting Emotional Growth in Children” on Tuesday, November 15 from 7:00- 8:30 p.m. in the Board Room of the District 303 Administration Building, 201 S. 7th Street St. Charles, IL 60174.

Our guest speaker will be Heather Bilbrey MA, Therapist at Amita Health. Heather will discuss specific strategies parents can provide to their children to foster resiliency while also promoting their emotional growth. This presentation will also help parents understand signs and symptoms of anxiety, as well as provide strategies for parents to use when their child is anxious and/or struggling.

To RSVP and reserve your place, please [click here to RSVP Now!](#)

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