



Help for kids. Answers for families.



Karen Grites, M.S. & Rosalie Whitlock, Ph.D.

resiliency,

FREE CLASS: THU, FEB 11, 7 – 9 pm

self advocacy
& learning

AGES 6 TO 18

Is your child struggling in school? Does he have a poor image of himself?

Help your child understand and learn:

- How to navigate her way through learning challenges to feel excited about herself and learning.
- How he learns best and what he needs to thrive
- How to advocate for what he needs as a learner and how to bounce back when challenges occur.

When learning styles are demystified and children can articulate how their brain works and how they learn best, they gain a sense of power and create the groundwork for a better self image, resulting in greater success. This class will address ways that students can weather the challenges that come with each new grade or situation and create resiliency to bounce back from setbacks.

INSTRUCTORS:

Karen Grites, M.S.
Rosalie Whitlock, Ph.D.
Joan Baran, Ph.D., Psychologist

PLEASE PRE-REGISTER:

Call **650.688.3675** or email parented@chconline.org

LOCATION:

Children's Health Council, 650 Clark Way, Palo Alto