

Stressed-Out Students:
Fostering Resilience
in our Youth

*Have you ever wondered how today's culture influences youth?
Do you know what behaviors might indicate stress or anxiety?
What actions could you take to alleviate stress?
What are the "40 Developmental Assets" and their value to youth?
How can you incorporate them into your daily life?*

Get the questions – and more – answered at the
Palo Alto Council of PTAs Parent Education Program
focusing on ways to help our teens manage stress constructively.

Tuesday, March 15 from 7:00 - 9:00 p.m.
25 Churchill Ave., Palo Alto
PAUSD Board Room

Carol Zepecki, EdD

PAUSD Director of Student Services

Pam von Wiegand

YMCA of the Santa Clara Valley Sr. VP

Mollie Galloway, PhD

Stanford University Co-Director of SOS (Stressed-Out Students)

This distinguished panel of experts will discuss youth development and resilience-building, and respond to questions from the audience. All parents -- from elementary, through middle and high school -- will come away with practical ways to help their children manage the stress that is a significant factor in their school experience.

Do you plan to attend? If you let us know before March 14, you will be eligible to win an autographed copy of Denise Clark Pope's book, Doing School: How We Are Creating a Generation of Stressed Out, Materialistic, and Miseducated Students

Please e-mail Karen White, PTA Council Director, Juvenile Protection,
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