



Community Consolidated School District 46
Presents...

How to Raise Resilient Children

February 12, 2019 - 6:00-8:00 PM

Grayslake Middle School Media Center
440 N Barron Blvd | Grayslake, IL

Don't miss our powerful speaker, Jackie Rhew, who will provide the essential tools to parents on how to build resiliency in children of any age. This presentation will review specific interventions designed to assist children in managing their anxiety and to promote increased motivation, healthy goal setting, and active **school engagement** in children. Factors that contribute to school avoidance as well as ways to identify maladaptive coping responses will be explored. Attendees will learn how to develop parenting strategies to assist their children with healthy coping responses and engage them in effective communication and language that promotes self-advocacy and independence.

This is a FREE program open to the community.

Childcare for school age children will be provided. Children must be potty trained.
To reserve a childcare spot, please call Leah at 847-543-6225, or *register online:*
bit.ly/D46ResilientChildren



About **Jackie Rhew, LCPC, CADC**: Jackie is the cofounder for the Center for Emotional Wellness of the Northwest Suburbs. She served as Assistant Director for seven years for the School Anxiety/School Refusal Program at AMITA Health Hospital in Hoffman Estates, a program she was instrumental in creating and developing. Jackie provides training locally and nationally on topics including anxiety, school refusal, parenting, and self-injury. She has co-authored several publications including *School Refusal in Children & Adolescents*, and has been featured on both ABC Channel 7 and CBS Channel 2 newscasts highlighting her work with adolescents struggling with avoidant school behaviors and bullying in schools.

Jackie has worked in hospital, educational and private practice settings, both in the Chicagoland area and overseas, training adolescents dealing with school refusal, eating disorders, self-injury, substance abuse, gaming addictions, grief, trauma, depressions, and anxiety utilizing individual, family, and group therapy.