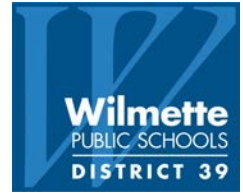


Wilmette Public School Presents:



## *How to Raise Resilient Children*

**December 6, 2017 7:00 – 8:30 PM**

Wilmette Junior High School  
620 Locust Road, Wilmette



Don't miss our dynamic speaker, Jackie Rhew, who will provide the essential tools for parents to build resiliency in children at any age. It is never too early or too late to learn these strategies! 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** for the child. Factors that contribute to **school avoidant** behaviors 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.

**About Jackie Rhew, LCPC, CADC:** Jackie is the cofounder for Center for Emotional Wellness of the Northwest Suburbs. She served as Assistant Director for seven years for the School Anxiety/School Refusal Program at Alexian Brothers Behavioral 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 the schools.



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

This is a FREE program open to the community. Register [HERE](#).