

Upcoming Fall 2019 Events



Raising a
**RESILIENT
CHILD**

HELD AT ANDERSON'S BOOKSHOP
5112 Main St., Downers Grove
Call (630) 963-2665 to save your seat.
THESE EVENTS ARE FREE.

August 29, 2019 • 6:30 – 7:30 p.m.

Body Image & Eating Disorders In The Selfie Culture

Gina Graham has spent time with us previously. This time she will lead a discussion about body image, eating disorders and the selfie culture. In addition to young women Gina has seen an uptick in struggles with body image in young men and middle aged women.

September 19, 2019 • 6:30 – 7:30 p.m.

Youth Sports

Tony Rio and Gary Michelsen both LCPC's from Edgewood Clinical Services will join us to discuss Youth Sports. Topics that we will cover: helping when student athletes suffer an injury and are unable to play; having better understanding of expectations from both the parents and children's sides; what roles both the parents and children have when involved in organized sports.

October 17, 2019 • 6:30 – 7:30 p.m.

LGBTQ+ Youth & Community Support

Youth Outlook volunteer Jacob Kent and board member Michael Gurley will introduce us to the Youth Outlook organization (youth-outlook.org). They will be discussing LGBTQ issues and how to support our youth community (and beyond).

November 19, 2019 • 6:30 – 7:30 p.m.

Vaping: The New Gateway

Justin Wolfe, LCPC, CADC, CRC with Linden Oaks will be joining us. Vaping is and has been showing up everywhere. It seems that no matter where you turn someone is using one of the new electronic cigarette devices. There is a lot of propaganda out there surrounding vaping and marijuana and it can be difficult to decipher fact vs. opinion. This presentation will focus on empowering people to make informed decisions when it comes to the risks of vaping and marijuana.

 Connect with our Facebook group: ***Raising a Resilient Child***

Raising a Resilient Child is a monthly event hosted by Anderson's Bookshop in Downers Grove. We meet monthly. Our goal is to help parents, educators, and caregivers equip their children with the tactics and life skills to help build resilience in order to deal with the increasing stress of adolescent and teen lives.