



KEEPING THEM SAFE WHILE HELPING THEM GROW

Supporting Children's
Emotional Growth in
Challenging Times

DR. ALEX RUSSELL

CLINICAL PSYCHOLOGIST

May 25th @ 6:30-8:00

LIVE STREAMING

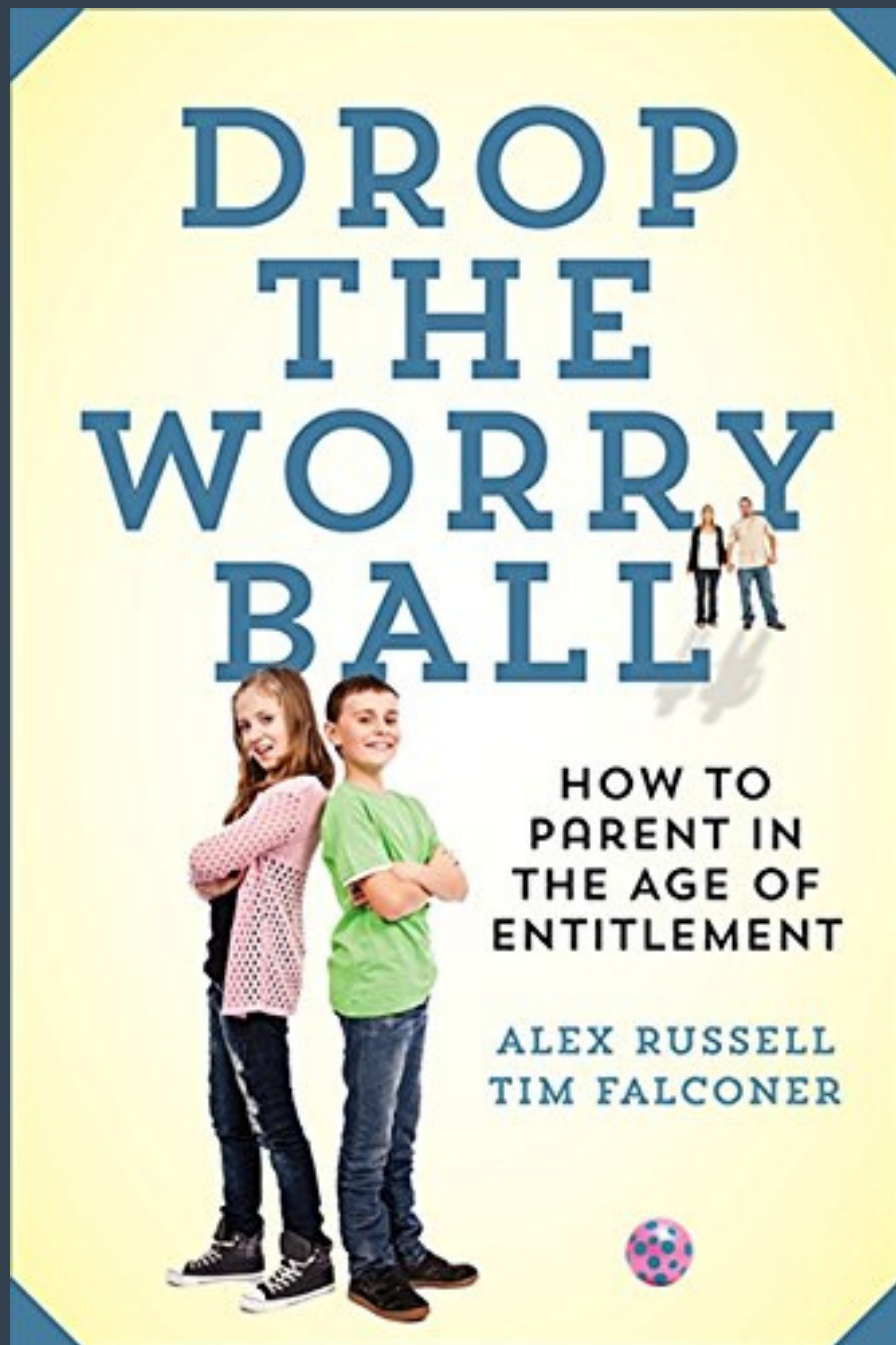


SCAN ME

OR visit:

<https://bit.ly/May25BGSD>

Over the two past two years, the shutting down of children's activities has had significant impacts on their academic, social and emotional development, as well as placing incredible strains on parents and educators. As we begin to return to normal, this workshop offers parents an understanding of these academic, social and emotional impacts, as well as clear and helpful guidelines to help support children in the months and years ahead. Parents gain a perspective that helps them slowly shift the burden of responsibility on to their children as they grow – something that helps children take on anxiety adaptively, at the same time as they experience the sense of mastery and competence such growth generates.



DR. ALEX RUSSELL is a clinical psychologist who lives and works in Toronto. He provides assessments and psychotherapy to children and adults, in addition to consulting with schools, teachers, and psychologists.

*The heart of his message is that children learn through the experience of non-catastrophic, painful failure, and it is through the process of these failures that they mature into resilient, resourceful, and emotionally balanced individuals. Parents need to see failing—whether it's a test, a course, or a tryout for a team—as a normal part of growing up and not a sign of parental incompetence. In his best-selling book, *Drop the Worry Ball: How to Parent in the Age of Entitlement* and in his training, Dr. Russell offers a fresh perspective on raising children that is reassuringly familiar and strikingly sensible.*