

---

# Ridgewood Public Schools

---

## COMMUNITY OUTREACH PROGRAM

Co-sponsored by The Valley Hospital, with support from the Ridgewood Education Foundation and the Federated Home and School Association

### Wellbeing

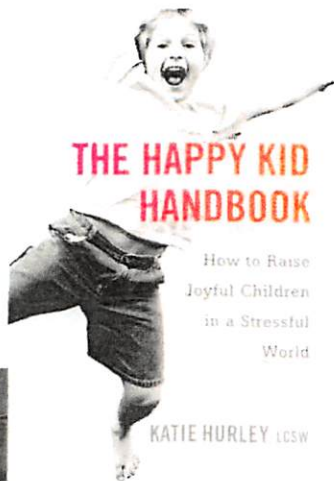
## Tackling Childhood Stress: How to Raise Happy Kids in a Stressful World

**Katie Hurley, LCSW**

**Wednesday, January 24, 2018**

**7:00-9:00 PM**

George Washington Middle School  
155 Washington Place, Ridgewood, NJ



**T**ackling Childhood Stress: How to Raise Happy Kids in a Stressful World will show parents how happiness is the key to raising confident, capable children.

Current research shows that childhood stress and anxiety are on the rise. By exploring the differences between extroverts and introverts, and everything in between, Katie will offer parents the strategies they need to meet their child exactly where he or she needs to be met from a social-emotional perspective. She will talk about how to spot the signs of stress and what to do to help your child learn to cope with and work through triggers of stress and anxiety. Learn why understanding your child's personality is the key to empowering your child.

Katie Hurley, LCSW, is a child and adolescent psychotherapist, parenting expert, and writer. She is the founder of "Girls Can!" empowerment group for girls between ages 5-11. Katie is also the author of *The Happy Kid Handbook* and the forthcoming *No More Mean Girls*. Her work can be found in *The Washington Post*, *PBS Parents*, and *US News and World Report*, among other places. Katie splits her time between Los Angeles, California and the Connecticut coast with her husband and two children.



Office of Curriculum, Instruction, & Assessment

49 Cottage Place, Ridgewood, NJ 07450 • (201) 670-2700 ext. 10532

For more information about these programs, visit [www.ridgewood.k12.nj.us](http://www.ridgewood.k12.nj.us)