
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

2017-18 SPEAKER SERIES

*All programs will be held from 7:00-9:00 pm
George Washington Middle School Auditorium
155 Washington Place, Ridgewood, New Jersey*

Wednesday, October 4, 2017

Dr. Kristen Race
Author, Speaker, Founder of Mindful Life

**From Surviving to Thriving
in Your Family**

Wednesday, November 1, 2017

Johanna Kandel
Advocate, Author, Speaker

Life Beyond Your Eating Disorder
(Rescheduled from 2016-17)

Wednesday, November 29, 2017

Dr. Devorah Heitner
Author, Speaker, Consultant

**Screenwise: Helping Kids Thrive
(and Survive) in Their Digital World**

Wednesday, January 24, 2018

Katie Hurley, LCSW
Author, Speaker, Psychotherapist

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

Wednesday, February 28, 2018

Dr. Caren Baruch-Feldman
Author, Speaker, Psychologist

**Developing Grit, Self-Control,
and a Positive Mindset: The Keys to Success**

Wednesday, March 28, 2018

Scott Chesney
Speaker, Life Coach, Consultant

Change Is Opportunity

Wednesday, April 25, 2018

Dr. David Walsh
Author, Psychologist, Founder of Mind Positive Parenting

**The Brain Goes to School:
What Science Tells Us about Student Achievement**



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For more information about these programs, visit www.ridgewood.k12.nj.us