



Join us for
Oak Creek
Elementary School's
Parent Enrichment Night



Building Resiliency in Youth

Presented by: Dr. Hannah Greenbaum
Post-Doctoral Fellow
Department of Neuropsychology
Children's Hospital of Orange County

This workshop outlines specific steps parents/guardians can take to build resiliency in their students so that challenges are speed bumps and not derailments.

- Learn how to help students take on challenges & bounce back from adversity
- Discover what is good mood hygiene
- Gain strategies to build strong relationships
- Promote wellness

Date: Wednesday, December 2nd

Time: 6:00-7:00 PM

Location: Zoom (link will be emailed to parents/guardians prior to the workshop)

Please [click here to RSVP](#) by **Friday, November 20, 2020.**

Additional questions? Please email Alison Ordoñez at alisonordonez@iusd.org