

Markville Secondary School

Parent Engagement Night

Connected Parenting

11/29/2017

Jennifer Kolari, M.S.W., R.S.W

Anxiety and the Overachiever

What role do parents play?

We are all born hardwired for how we handle anxiety, some of us are not anxious at all; some of us are very anxious. Life events and experiences can push us up or down the stress continuum. Some stress is good, as it allows us to make good, safe choices but we want to make sure that our children control their stress so it doesn't control them and develop into anxiety. We want to raise resilient children who can manage personal and family

pressures to succeed, and be able to participate fully in their lives.

During this presentation, you will learn about teens and anxiety, how to spot the warning signs, and what you as a parent can do to ease the pressures that cause stress and may develop into anxiety.

Parent Engagement Night

*Markville Secondary School
1000 Carlton Rd, Markham
November 29, 2017; 6:30 - 8:00pm
Cafeteria*

Using anecdotes, humor, and sample dialogue, the audience will be introduced to the Connected Parenting model. Both theory and practice will be explained step-by-step. Participants will leave inspired with practical and useful strategies to try as soon as they get home.

Jennifer Kolari

About the speaker

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Child and Family Therapist, Jennifer Kolari is one of the nation's leading parenting experts and the founder of Connected Parenting. Author of *How To Raise A Great kid* and *You're Ruining My Life! (But Not Really) Surviving the Teenage Years*, Kolari was the Parenting expert on CBC's Steven and Chris show, and has appeared on Canada AM and Breakfast Television. Her advice can be found in many magazines. She is on the health advisory board for Chatelaine Magazine. Her entertaining workshops and insightful strategies make her a highly sought-after speaker with schools and agencies throughout North America. Kolari has been helping children, teens and families get connected for over twenty years.

