

Need Resilience?

Join us for an inspiring two-evening online event

Brain Science

Tuesday, January 12th
7:30-8:30pm

Building Resiliency

Tuesday, January 19th
7:30-8:30pm

Even in the best of times, parenting can be challenging, but right now, it might seem overwhelming.

However, there are ways that we empower ourselves and our families to thrive and it starts with a little bit of brain science.



Join Donna Volpitta, Ed.D. from Pathways to Empower, as she guides Rivertown Parents through her Resilient Mindset Model which provides simple explanations for how we can proactively build resilience and foster mental health

Come with questions. Leave with strategies!

To register for one or both nights of this free presentation, please go to <http://www.rivertownparents.com/resilience-registration.html>

RIVERTOWN PARENTS is a consortium of the PTSAs of

Ardsley, Dobbs Ferry, Hastings-on-Hudson, Irvington and Tarrytown/Sleepy Hollow, along with Mercy College.

Our mission is to promote and foster communication in the rivertowns among parents, children and schools, and to provide educational resources to the community at large.

To learn more, visit www.rivertownparents.com or contact us at rivertownparents@gmail.com.