



BOUNCE BACK

Building Resilience in Children and Teens

A presentation that explores ways that adults can help children navigate stress, challenge, tragedy, trauma, or adversity. In this presentation, you'll learn:

- The vital elements of resilience and how it impacts child development
- Dr. Kenneth Ginsburg's 7 Cs of Resiliency
- Skills for teaching children and teens how to use challenges and setbacks as building blocks for resiliency
- How adversity offers an opportunity to empower students to bounce back



Vanita Halliburton is co-founder and executive chairman of the Grant Halliburton Foundation, a non-profit established in 2006 following the suicide death of her son, Grant Halliburton.

Vanita is a frequent speaker on youth mental health and suicide prevention in schools, at professional conferences, and throughout the community. She speaks from the heart about her son's battle with depression and bipolar disorder, his suicide at the age of 19, and the need for a collaborative and comprehensive approach to suicide prevention in our community.

Join us for a Parent & Guardian Education Event

WHERE: St Monica Catholic School- Family Center Lower Lounge

WHEN: Tuesday January 14th , 2020

TIME:7:00-8:30PM

For more information, contact Helene Peppard at smleaf@gmail.com



**GRANT HALLIBURTON
FOUNDATION**

BOUNCE BACK is a program of Grant Halliburton Foundation, a non-profit organization that works to raise awareness and understanding of adolescent mental health and suicide prevention.

For more information, visit www.GrantHalliburton.org