

# Conversations for Connection

Thursday, September 17, 7-8pm

## Building Resilience to Cope with Life's Challenges

Let's explore our resilience by identifying the strengths, needs, and barriers that foster the healthy development of ourselves and our children. Children grow and develop within a complex system of relationships and are impacted by multiple aspects of their surrounding environment. Parents, grandparents, and caretakers are one of the most important relationships, and because of that they play a fundamental role in how children experience and cope with life.

**Dr. Shelly Mahon** is the executive director of the *Parent Engagement Network* whose mission is to support parents in raising healthy, happy youth. She specializes in risk and resiliency, and child and adolescent development. She supports parents to develop thriving, lasting relationships with their children. When not working, she's skiing or riding a bike.

