

Building Resilience in Children and Youth



**Wednesdays, September 11-October 23
7:00-8:00pm • Family Life Center Gym**

Note: the September 11 program starts at 6:30; all other dates start at 7:00pm

Free and open to all.

- Sessions run from 7:00pm-8:00pm with the last 15 minutes reserved for questions and answers.
- Join us for a follow-up discussion at 10:00am on the Sundays following each Wednesday night presentation.

September 11: Screening of *Paper Tigers* film - 6:30pm
<https://kpfjrfilms.co/paper-tigers/>

September 18: Conscious Discipline - 7:00pm
Laura Morris, principal, Northaven Elementary School, Jeffersonville, IN

September 25: Building Grit and Confidence - 7:00pm
Tony Zipple, Sc.D., M.B.A., psychologist

October 2: Guided Meditation - 7:00pm
Marilyn Stoner, retired social worker

October 9: Cyber Safety 101 - 7:00pm
Sonja Grey, Executive Director of ECHO, Exploited Children's Help Organization

October 16: Depression and Anxiety - 7:00pm
Cathy Batscha, psychiatric nursing professor

October 23: Difficult Conversations - 7:00pm
Katy Hopkins, PhD, HSPP, pediatric psychologist



Questions? Contact Cody Nygard, Associate Pastor,
at cody@stpaulchurchky.org



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