



Community Consolidated School District 46
Presents...

Developing a Growth Mindset: Raising Resilient Young Adults

April 9, 2019 - 6:00-8:00 PM

Prairieview School
103 E. Belvidere Road | Hainesville, IL

The focus of the Raising Resilient Young Adults presentation is to teach parents to shift their thinking based on their goals. Parents will learn to focus their reactions to process goals versus outcome goals. Parents will learn how to help children come out of their comfort zone, deal with making mistakes, accept criticism as part of the learning process, as well as take risks that may result in failure.

This is a FREE program open to the community.

Childcare for school age children will be provided. Children must be potty trained. To reserve a childcare spot, please call Leah at 847-543-6225, or *register online:* bit.ly/D46ResilientYoungAdults



About **Jackie Rhew, LCPC, CADC**: Jackie is the cofounder for the Center for Emotional Wellness of the Northwest Suburbs. She served as Assistant Director for seven years for the School Anxiety/School Refusal Program at AMITA Health Hospital in Hoffman Estates, a program she was instrumental in creating and developing. Jackie provides training locally and nationally on topics including anxiety, school refusal, parenting, and self-injury. She has co-authored several publications including *School Refusal in Children & Adolescents*, and has been featured on both ABC Channel 7 and CBS Channel 2 newscasts highlighting her work with adolescents struggling with avoidant school behaviors and bullying in schools.

Jackie has worked in hospital, educational and private practice settings, both in the Chicagoland area and overseas, training adolescents dealing with school refusal, eating disorders, self-injury, substance abuse, gaming addictions, grief, trauma, depressions, and anxiety utilizing individual, family, and group therapy.