

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

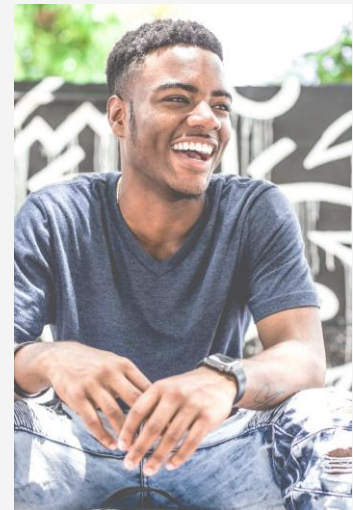
MassGeneral Hospital for Children Parenting Series Struggling and Strength: Tips to Build Resiliency in Children

When faced with challenging or stressful situations, learning how to adapt and overcome is an important skill for overall wellbeing. This is called building resiliency skills. Aude Henin, PhD, shares tips to help your child or teen cope with challenges or stressors. She also discusses how you can help build a support system for yourself and your family to encourage a sense of resilience in children.

This online program is free and open to MGH staff, patients, and the general public.

To attend this program, click on this link:

<https://partners.zoom.us/j/83224010890>



Featured Speaker: Aude Henin, PhD

Dr. Henin is co-director of the Mass General Hospital Child Cognitive-Behavioral Therapy Program and clinical co-director of the Mass General Hospital Child Resiliency Program.

Date: Thursday, January 27, 2022

Time: 12:00 PM - 1:00 PM

For more information,
call 617-724-7352 or
email PFLC@partners.org

The MGHfC Parenting Series is a collaboration between the Maxwell & Eleanor Blum Patient and Family Learning Center and MassGeneral Hospital for Children.