

# DUFFERIN PARENT SUPPORT NETWORK

presents

## Drop the Worry Ball

### Parenting in the Age of Entitlement

featuring Dr. Alex Russell

#### Want your children to be more resilient and independent?

*Let them make mistakes and learn from them. Children learn through the experience of non-catastrophic, painful failure, and it is through the process of these failures that they mature into resilient, resourceful, and emotionally balanced individuals.*

Learn to:

- Stop doing all the worrying—and let your kids do some
- Embrace failing (team tryouts, tests) as part of learning, and not something parents have done wrong
- Resist social pressures to over-parent
- Build relationships with teachers and other outside authorities
- Understand parent-child dynamics—and how children learn to get parents to do too much for them

Free admission!  
Donations appreciated.



**Thursday, May 17, 2018 at 7:00 p.m.**

Westside Secondary School  
300 Alder Street, Orangeville



**Dr. Alex Russell** is a clinical psychologist who lives and works in Toronto. He provides assessments and psychotherapy to children and adults, in addition to consulting with schools, teachers and psychologists.

Dr. Russell has addressed many parent and counsellor groups over the years. He is intimately familiar with the culture of the school system and the relationship that parents, teachers and counsellors share with regard to the children we are raising.

