



Inclusion Services

A time to connect, learn and share. A time for you!

# PARENTS TOGETHER

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## Topic: RESILIENCE

What is it? Why is it important? How does it impact our children's success?

Featuring TED talks by Dr Sam Goldstein, Dr Ilona Boniwell, Dr Angela Duckworth

Join us for mindfulness, a lively discussion, an engaging activity, and a chance to win this month's self care gift.

**Thursday January 22, 2015**  
**7:00-8:45pm**

Jewish Community Centre  
950 West 41st Ave  
FREE EVENT light refreshments

DR SAM GOLDSTEIN specializes in school psychology, child development and neuropsychology. He is editor-in-chief of the journal of Attention Disorders.

DR ILONA BONIWELL is a positive psychologist. She is currently working in developing a UN framework for happiness based public policy.

DR ANGELA DUCKWORTH is studying to determine how resilience is a better indicator of success than IQ or income. Her research includes students and West Point cadets.