Raising Resilient Children Presentation

When: Thursday, February 27th

Where: St. Thomas Aquinas Catholic Secondary School, Oakville

Time: 7pm – 9pm

*I have been teaching about resiliency to adults for over 20 years and it seems important to pass this wisdom down to our children.   The topic of raising resilient children is gaining much interest in popularity as we realize that we have a generation of young people that are not gaining the tools to face life adversity.  It seems that we parents tend to over rescue our children which actually deprives them of learning valuable life lessons.   Children need to experience the struggles in life within the protection and love of the family, friends, teachers, coaches and community.*

*Personal resiliency is the single most important indicator of success for students in the 21st century!  Resiliency is about how we weather the inevitable storms in life and bounce back and then forward again.  Stress management is about coping with a situation until it passes.  Resiliency is about having the tools ready to navigate through any situation and finding a way through.*

*This workshop is for everybody! Many are attended by educators, parents and workplace staff and administration ALL seeking understanding and hands on tools about how to better teach our next generation these important life strategies!  We all have many laughs as we commiserate and agree that it sometimes feels as though “the inmates are running the asylum”  – taking charge of parenting and teaching and implementing, what I like to call, “the real deal” life essentials.*

-Sherry Campbell M.A. RSW OACCPP (R)Psychotherapist

The presentation will discuss how to most effectively teach our children the following:

I     Overcome Failure  
II    Deal with Disappointment  
III   Cultivate a Healthy Self Image  
IV   Delay Gratification  
V    Contribute to Others  
VI   Deal with Struggles of Life

About Sherry Campbell  

Sherry is a professional speaker as well as the principal psychotherapist and owner of Sherry Campbell Counselling Group. She is a registered Psychotherapist with the Ontario College of Social Workers and Registered Social Service Workers (RSW), and also with the Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists (OACCPP).

Sherry earned her Master’s Degree in Life Span Developmental Psychology and has extensive training and experience in trauma, marital, individual, group counselling as well as personal growth. Sherry also holds her certification in Critical Incident Stress Debriefing, providing immediate onsite assistance to organizations in need.

Sherry’s clinical experience includes almost 20 years as a psychotherapist with children, teens and adults. Sherry has worked as the sexual abuse, trauma and domestic violence psychotherapist in the Niagara Health System.