



Thrive Wellesley

An Initiative of the Kiwanis Club of Wellesley

Presents

Building Resilience: Supporting Youth Mental Health Workshop Series at the Wellesley Free Library

Building Resilience: Supporting Youth Mental Health
was developed by The Resilience Project –
A Community Health Initiative from the
Division of Child and Adolescent Psychiatry at
Newton Wellesley Hospital



Speakers: Elizabeth Booma, MD, Psychiatrist
Jennifer DelRey PhD, & Tai Katzenstein, PhD

April 11th – Supporting Mental Health Through a Lens of Resilience

May 8th – The Continuum of Care from Prevention to Treatment

May 22nd – Building Resilience in Kids and Ourselves

Building Resilience: Supporting Youth Mental Health
workshops are being sponsored by:



Kiwanis Club of Wellesley

With a Generous Grant from the
Community Fund for Wellesley

And support from our Partners:



Wellesley Youth Commission
Wellesley Health Department
Wellesley Library Wakelin Room
A Path in the Woods Foundation



Public Health
Prevent. Promote. Protect.
Wellesley Health Department



WELLESLEY FREE
LIBRARY



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Thrive Wellesley
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Presents

Building Resilience: Supporting Youth Mental Health
Workshop Series at the Wellesley Free Library

A three-part workshop series featuring guest speakers from Newton-Wellesley Hospital's The Resilience Project designed to help Wellesley families - parents, guardians & caregivers - gain a better understanding of the skills, community support, and resources for developing positive mental health and connections within their given/chosen families.

Join us for one, two, or all three!

Register through the WFL website (wellesleyfreelibrary.libcal.com) >>

The Resilience Project is an innovative school and community-based program that promotes the emotional health and well-being of children, teens and those who support them.



April 11, 2024 – Supporting Mental Health Through a Lens of Resilience

Come learn about what resilience is, why it matters, and how we can foster wellbeing in children, teens and the adults who support them.

Speaker: Jennifer DelRey, PhD, Psychologist
NWH Division of Child and Adolescent Psychiatry
Associate Director, The Resilience Project

May 8, 2024 – The Continuum of Care from Prevention to Treatment

Learn about pediatric mental health through a lens of child and adolescent development. Hear how kids and teens experience anxiety and other mental health issues and what supportive adults can do to help.

Speaker: Elizabeth Booma, MD, Psychiatrist
Chief, NWH Division of Child and Adolescent Psychiatry
Director, The Resilience Project

May 22, 2024 – Building Resilience in Kids and Ourselves

Strategies and considerations for how parents and caregivers can promote resilience and wellbeing in themselves and their children.

Speaker: Tai Katzenstein, PhD, Psychologist
NWH Division of Child and Adolescent Psychiatry
Director of Parent Program, The Resilience Project

For questions about the Thrive Wellesley workshops, contact Gary McCabe at

gjmccabe222@gmail.com or wellesleykiwanis@gmail.com

Workshops are brought to you by:

The Kiwanis Club of Wellesley

With a Generous Grant from the Community Fund for Wellesley

And Our Community Partners Wellesley Youth Commission, Wellesley Health Department

A Path in the Woods Foundation, Inc.

The Wellesley Free Library Wakelin Room

6:30 pm – 7:00 pm Welcome Reception & Refreshments

7:00 pm – 8:15 pm Interactive Workshop with Speakers from The Resilience Project at NWH

8:15 pm – 9:00 pm Community & Connection