



# Kids face heavier emotional burdens than ever. Here's how to help lighten their load.

**Introducing Thrive Wellesley, a new mental health program sponsored by the Wellesley Kiwanis Club with a generous grant from the Community Fund for Wellesley.**

From learning social skills to navigating social media, today's young people carry an unprecedented burden. That's why Wellesley Kiwanis is launching our Thrive Wellesley initiative with "Building Resilience: Supporting Youth Mental Health." Together, we can help Wellesley families understand what our kids are going through, overcome mental health adversity, and feel good about themselves.

**Learn How to Understand and Overcome Mental Health Challenges  
January 23, 2025 |**

***Supporting Mental Health Through  
a Lens of Resilience***

**SPEAKER:** Jennifer L. DelRey, PhD, NWH Staff Psychologist, Division of Child and Adolescent Psychiatry, Associate Director of The Resilience Project at Newton Wellesley Hospital

Listen to expert advice on how parents can recognize mental health issues and help to develop resilience to overcome them.

**Programs are presented at the  
Wellesley Free Library Wakelin Room**

**6:30 pm - 7:00 pm**

Welcome Reception & Refreshments

**7:00 pm - 8:15 pm**

Presentation and Q&A with speakers from The Resilience Project at NWH

**8:15 pm - 9:00 pm**

Community & Conversation.

**All are welcome. Free event.**

**No registration required.**

**THANK YOU TO OUR GUEST-SPEAKERS & PARTNERS  
Newton-Wellesley Hospital Resilience Project**

Community Fund for Wellesley  
Wellesley Health Department

Wellesley Youth Commission  
A Path in the Woods Foundation, Inc.

