



BJE Presents
***The Well-Balanced
Student***

with **Dr. Denise Pope, Ph.D**

Senior lecturer, author, and co-founder of Challenge Success at Stanford University.
Co-author of *Overloaded and Underprepared: Strategies for Stronger Schools*
and *Healthy, Successful Kids*.

When we're too focused on grades and performance, we deny our children the time and energy they need to tackle the demanding work of growing up. In this presentation, you'll learn how you can establish a healthier home environment for your school-aged child, reduce academic stress without sacrificing achievement, and increase your child's resilience, creativity, and well-being.

During this presentation, parents will:

Engage in an activity that explores the unique demands placed on children's time today

Examine how today's high pressure, fast-paced culture can have unintentional but damaging effects on children

Discover simple ways your family can counter the fast-paced culture without sacrificing achievement and while allowing kids to be kids

Explore research-based strategies to increase resilience, creativity and overall well-being for children

Parents of children K-12, please join us:

Date: **Monday, March 6, 2017**

Time: **7:30 – 9:00 PM**

Where: **Brawerman - West campus**

11661 W. Olympic Blvd. Los Angeles, CA 90064

RSVP: **For security purposes, an RSVP is required. Please email rlewis@bjela.org or call 323-761-8622.**

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