

New York City Department of Education
Community School District 26 and Community District Education Council 26

BUILDING RESILIENCE



*Empower your children to feel confident and competent.
Help them develop inner strengths and hone abilities
to respond to stress and challenges.*

Tuesday, May 7th

7:00 PM to 8:30 PM

At PS 186

252-12 72nd Avenue in Bellerose

Presented by Grief & Adversity Counselor and Parent Coach

Harriet Cabelly, LCSW

Author of "Living Well Despite Adversity: Inspiration for Finding
Renewed Meaning and Joy in Your Life"



PLEASE REGISTER TO ENSURE ADEQUATE SPACE FOR ALL.

To register and for more information please contact the District 26 Family Coordinators.

Kim D'Angelo at 718.631.6905 or kdangelo4@schools.nyc.gov

Wendy Mo at 718.631.6966 or wmo@schools.nyc.gov

To find out about other District 26 events visit the *Family Engagement* page at www.district26.org.