



# Jenny Hecht



## JEFFCO GT PARENT/FAMILY LEARNING PRESENTS JENNY HECHT

**Monday, November 18, 2019**

**6:30 - 8:00 pm**

**Jeffco Educational Center - 5th Floor Boardroom**

**1829 Denver West Dr. #27**

**Golden, CO 80401**

### **A Rising Tide Lifts All Ships: Building Resiliency and Creativity**

Stress management and distress tolerance are challenging for many of us, not just for young people. In this presentation, we will discuss:

- How stress affects our brains and bodies and how to begin speaking more openly about these challenges in a way that will create space for young people to feel safe joining in that conversation
- Effective strategies to downshift our nervous systems and to manage stress and anxiety through engagement, rather than distraction
- The difference between "settling down" and "settling in"
- The paradigm of "means to an end" thinking in which everything we do becomes something to strengthen our resume or college applications

Jenny Hecht is an LCSW with a passion for supporting the specific social-emotional needs of gifted individuals. She is the owner of Karuna Healing, a private psychotherapy practice, which focuses on strengthening the distress tolerance skills of those whom she works with through mindfulness practice. Visit [www.jennyhecht.com](http://www.jennyhecht.com) for additional information.

- Cancellations will be posted on our website
- Parents do not need to RSVP
- Babysitting is not available
- Age appropriate attendance is encouraged



JEFFCO PUBLIC SCHOOLS

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