

# Alameda Family Enrichment Speaker Series

Presented by Alameda Unified School District and PTA Council

## Raising Resilient Teens

Preparing kids for life and work in the real world

This engaging presentation delivers practical strategies for raising resilient teens. We take on a serious issue with a sense of humor and “real world” approach.

- Do you want your teen to be happy?
- Do you want them to “bounce back” when things get tough?
- Do you want to set them up for life and work in the real world?

If you answered “yes” to any of these, join us for the best insights into helping teens build resilience.



**TEEN | HACKZ**  
RAISING RESILIENT TEENS

**Wednesday, February 1, 2017  
7–8:30 p.m.**

**Lum Elementary School  
Multi-purpose Room  
1801 Sandcreek Way, Alameda**

**Childcare provided for ages 5+  
Cost: Free (\$10 suggested donation)**

With over 20 years experience in Human Resources Management and Leadership Coaching, Teenhackz founders Lisa McDonough and Lisa Allanson are on a mission to help equip teens with the tools and resources they need for work and life success. They share their insightful process in their two books, *Raising Resilient Teens: A Practical Guide to Preparing Your Kids for Life & Work in the Real World* and *Teens: Understanding & Loving the Creatures We Live With*.

More info: [www.teenhackz.com](http://www.teenhackz.com)



**More info and RSVP:**  
<http://bit.ly/SpeakerSeriesRSVP>