



Family
Public Square
EXPERT SERIES

Hear the latest research and practical information on topics central to the health and well-being of your family. **Leading UCLA researchers** and **other experts** share insights and engage you in dialogue about **parenting, child development** and **habits for good health**.

Talks held from **7:00-8:30 PM** on the **first Wednesday of each month** at The UCLA Family Commons in Santa Monica. Cost is \$20 per person.

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Raising Resilient Children & Preventing Depression In Children & Teens

DR. JOAN ASARNOW

Stress is a fact of life for most children and teens in today's world. Yet children can improve their coping skills and manage all kinds of stress more effectively – in school, sports, friendships, even at home. Learn tools and techniques to help your children develop lifelong resiliency.

Dr. Joan Rosenbaum Asarnow is a Professor of Psychiatry at UCLA and Director of the UCLA Youth Stress & Mood Program. A clinical psychologist, she has worked extensively to prevent and treat depression and suicidal tendencies in children and adolescents. She has designed programs and conducted research on coping and stress management for children and adolescents.