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| April 3, 2019 6:30 p.m.  **Holy Cross Catholic Secondary School**  **Raising Resilient Children** Parent Information Night Is it really a good thing to give children everything they need, all the time? In this keynote, Dr. Alex Russell addresses common challenges children and youth face, including dealing with troublesome behaviours, supporting children at school, and controlling or monitoring children’s access to computers, cell phones and other forms of digital technology. A perspective is offered that helps parents take a positive and emotionally rewarding role in their children’s lives, while allowing them to have the opportunity to make their own decisions—and mistakes—during the complicated business of growing up. In an enlightening and refreshing talk, Dr. Russell helps parents achieve this balance by providing essential perspective on today’s child-rearing context and the powerful forces that pull us to become over-involved in our children’s lives. Stop doing all the worrying—and let your kids do some for a change! | Keynote by Dr. Alex Russell  ────────Sponsored by Parent Reaching Out Grants────Holy Cross Catholic Secondary School 1085 Woodbine Road, Kingston Ontario  ***Catholic School Councils***  Archbishop O’Sullivan  Ecole Catholique Cathedrale  Holy Cross Catholic Secondary  Mother Teresa  Our Lady of Mount Carmel  St. John XXIII  St. Marguerite Bourgeoys  Image result for Ministry of Education Ontario logo |