



**Keynote by  
Dr. Alex Russell**

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**APRIL 3, 2019 6:30 P.M.**  
**HOLY CROSS CATHOLIC  
SECONDARY SCHOOL**

**HOLY CROSS  
CATHOLIC SECONDARY  
SCHOOL**

1085 Woodbine Road,  
Kingston Ontario

## **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!

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Archbishop O'Sullivan  
Ecole Catholique Cathedrale  
Holy Cross Catholic Secondary  
Mother Teresa  
Our Lady of Mount Carmel  
St. John XXIII  
St. Marguerite Bourgeoys

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