



OFFICE OF CURRICULUM,
INSTRUCTION & ASSESSMENT
49 Cottage Place
Ridgewood, New Jersey 07450
201.670.2700

Ridgewood Public Schools Community Outreach Program

Co-sponsored by The Valley Hospital, with support from the Ridgewood Education Foundation and the Home and School Association

Wellbeing

DR. ROBERT BROOKS

Presents

Fostering Family Closeness & Respect

Tuesday, October 18, 2016

7:00-9:00 pm

George Washington Middle School Auditorium
155 Washington Place



Click [here](#) to meet Dr. Brooks and get a brief look at one of the important topics he will address—empathy.

Dr. *Brooks* will describe factors that help families to experience greater warmth, respect, and resilience in today's stressful world. He will highlight the importance of (a) empathy, (b) changing "negative scripts," (c) establishing realistic expectations and goals, (d) becoming a charitable family, and (e) disciplining in ways that promote self-discipline and responsibility rather than resentment.

Dr. Brooks, a psychologist on the faculty of Harvard Medical School, has lectured nationally and internationally and written extensively about such themes as resilience, parenting, family relations, positive school climate, work environments, and balancing our personal and professional lives. He is the author or co-author of 16 books including *Raising Resilient Children*; *Raising a Self-Disciplined Child*; and *The Power of Resilience: Achieving Balance, Confidence, and Personal Strength in Your Life*.

Additional information about Dr. Brooks may be found on his website www.drrobertbrooks.com.

