

GIFTEDNESS AND STRESS

TUESDAY, JANUARY 26, 2016

6:00 – 8:00 PM

AT

DOUGLASS ELEMENTARY LIBRARY

840 N. 75th STREET, BOULDER

Gifted individuals possess a heightened sensitivity to their surroundings, to events, to ideas, and to expectations. They tend to be more intense, more introspective, and more emotional. Gifted youth are often expected to know it all and be it all. Maureen Neihart's research on risk and resilience in gifted children shows that they have many inherent qualities that may contribute to their resilience. However, they need parents and educators to help them understand their experience and to educate them about stress management skills. This workshop will assist participants in developing the confidence and skills to actively teach our gifted youth how to think about and live with stress in a way that is manageable through a helpful combination of coping strategies and life skills.



Jenny Hecht of Karuna Healing is a Licensed Clinical Social Worker and Certified Yoga Teacher with 15 years of experience working with individuals between the ages of 8-adult in a variety of settings. Her practice is grounded in strengthening the distress tolerance skills through mindfulness practice and supportive examination of the thought patterns that are limiting each individual's potential. She has a passion for supporting the specific social-emotional needs of gifted individuals, particularly the existential dilemma so many face beginning at a very young age and works as a consultant and support for educational professionals who work with this population.

Limited **CHILDCARE** and **INTERPRETATION** available upon request.
RSVPs Required. CONTACT: USHA BARRY, uvtbarry@yahoo.com

REGISTRATION: www.penbv.org/events/giftedness-and-stress
\$5 Donation appreciated

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