

A View of Youth Stress:

Warning Signs and Coping Strategies from the Experts

An evening devoted to information and insight into the stressors that face our community's children and ideas and resources for how to manage those stressors.

Program Schedule

Frances Wren, MD

Shashank Joshi, MD

Lucile Packard Children's Hospital
Child and Adolescent Psychiatry

Philippe Rey, Psy.D

Adolescent Counseling Services

Student Panel

Middle and High School Students

Ask the Experts

Question and Answer Session with
the Professional and Student Experts

Wednesday, October 21, 2009

7pm – 8:30pm

(Resource Fair from 6:30pm – 9pm)

Cubberley Auditorium

Cubberley Community Center
4000 Middlefield Road, Palo Alto

Free of Charge. Open to the Public.

This program is presented by the Palo Alto PTA Council in collaboration with Lucile Packard Children's Hospital and Adolescent Counseling Services. For more information, please visit the PTA website, www.paloaltopta.org under "Parent Education", and the Packard Children's Hospital website at www.lpch.org under "Your Child's Health University" and "Parent Education Corner".

**Lucile Packard
Children's Hospital**
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