



**Boulder Valley  
Gifted & Talented**

**Boulder Valley School District**  
*Excellence and Equity*

P R E S E N T

# Janise McNally

## Supporting Resilience, Grit and Social-Emotional Skills

Modern life presents a variety of stressors for children/youth and adults. While this can frequently leave parents feeling daunted, the good news is that we can teach our kids social-emotional skills to support their capacity (and ours) to respond to these challenges in a positive way and become stronger in the process. Participants will examine factors unique to current day parenting and develop strategies for modeling and supporting resilience, perseverance, and grit to help families thrive.

**Thursday, April 7**

**Broomfield Heights Middle School**

**7pm-Reserve Seats (adults only) at [BVGT.org](http://BVGT.org)**



Janise McNally is a Nationally Licensed School Psychologist, with a post master's degree in Educational Psychology from the University of Colorado and an undergraduate degree in Interpersonal and Organizational Communication. Her professional experience includes over two decades of work with children and youth, preschool-age through college level. She has contributed to scholarly articles published in the Journal of School Health and the Health Education Journal. She presents to parents and professionals at the local and national level on mental health /wellness topics including risk and resilience, suicide and substance-use prevention, mindfulness and social-emotional learning.