

Parent Speaker Series

"Helping kids find, build and maintain confidence in their formative years"

Presented by:

Alexis Cameron, MA, LPC

SUGGESTED READING

Kid Confidence: Helping your child make friends, build resilience and develop real self-esteem

Eileen Kennedy Moore, Ph. D.

I Can Do Hard Things: Mindful Affirmations for Kids Gabi Garcia

The Self-Confidence Workbook: A guide to overcoming self-doubt and improving self esteem

Barbara Parkway and Celia Ampel

The Confidence Code for Girls

Katty Kay and Claire Shipman

How to talk to teens so teens will listen and listen so teens will talk Adele Faber

I Can Handle It (Mindfulness Mantras)

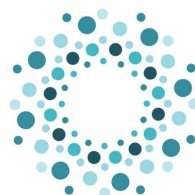
Laurie Wright

Under Pressure: Confronting the epidemic of stress and anxiety in girls Lisa Damour, Ph. D.

The Gift of Failure Jessica Laney



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