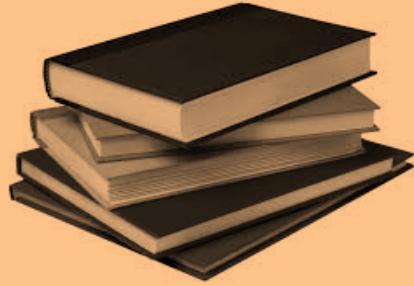


## Speaker Websites and Books



### **Dr. Joseph Shrand ([www.drshrand.com](http://www.drshrand.com)):**

The Fear Reflex: Five Ways to Overcome it and Trust Your Imperfect Self (2014)  
Outsmarting Anger: 7 Strategies for Defusing Our Most Dangerous Emotion (2013)  
Manage Your Stress: Overcoming Stress in the Modern World (2012)

### **Rachel Simmons ([www.rachelsimmons.com](http://www.rachelsimmons.com)):**

Odd Girl Out: The Hidden Culture of Aggression in Girls (2011)  
The Curse of the Good Girl: Raising Authentic Girls with Courage and Confidence (2010)

### **Dr. Michael Thompson ([www.michaelthompson-phd.com](http://www.michaelthompson-phd.com)):**

Best Friends/Worst Enemies: Understanding the Social Worlds of Children (2002)  
Raising Cain: Protecting the Emotional Life of Boys (2000)

### **Dr. Robert Brooks ([www.drrobertbrooks.com](http://www.drrobertbrooks.com)):**

Raising a Self-Disciplined Child: Help Your Child Become More Responsible, Confident,  
& Resilient (2007)  
Raising Resilient Children (2001)

### **Jon Mattleman ([www.jonmattleman.com](http://www.jonmattleman.com))**

Special thank you to Needham Education Foundation (NEF) for  
funding this parent lecture series.

Questions? Contact Angeline Maughan at [enrichment@newmanptc.org](mailto:enrichment@newmanptc.org)



# NEEDHAM TALKS

## Fostering Children's Resilience and Social-Emotional Wellness

2014-2015 Needham Elementary School  
Parent Lecture Series

# Speakers & Dates

**Joseph Shrand, M.D.**      **October 9, 2014**  
*Theory of Mind and Interpersonal Relationships for Children*

Instructor of Psychiatry, Harvard South Shore and Brockton VA; Assistant Child Psychiatrist, Massachusetts General Hospital; Medical Director of CASTLE (Clean and Sober Teens Living Empowered).



**Rachel Simmons, M.A.**      **December 4, 2014**  
*Odd Girl Out: Coping with Best Friends, Worst Enemies, and Everything in Between*

Co-founder of Girls Leadership Institute; Host of the PBS television special "A Girl's Life"; Consultant to Wurtele Center for Work and Life at Smith College.



**Michael Thompson, Ph.D.**      **March 4, 2015**  
*Raising Cain: Protecting the Emotional Lives of Boys*

Consultant, author, and psychologist specializing in children and families; Supervising psychologist for Belmont Hill School.



**Robert Brooks, Ph.D.**      **April 9, 2015**  
*Strategies for Nurturing Confidence and Resilience in Our Children*

Consultant, McLean Hospital; Faculty, Harvard Medical School; Author and psychologist specializing in resilience, motivation, school climate, parenting issues, and family relationships.



**Jon Mattleman, M.S.**      **June 4, 2015**  
*The Emotional and Hidden Consequences of the Internet*

Director of Needham Youth Services; Mental health counselor and trainer specializing in innovative and effective parenting strategies, depression in children and teens, and suicide prevention and intervention.



## **Location and Time of ALL Lectures:**

*Newman Elementary School Auditorium  
1155 Central Ave.  
Needham, MA 02492  
7:00 – 8:30p.m.*

Go to [newmanptc.org](http://newmanptc.org) to reserve your **FREE** tickets.