



**APR. 16, 2015**

## RAISING RESILIENT TEENS IN OUR DIGITAL WORLD

**A free educational night for  
parents of students attending  
Point Loma Cluster elementary  
and secondary schools.**

**Presented by Dr. Divya Kakaiya, Clinical  
Psychologist, Neuroscientist, and Neurofeedback  
Practitioner.**

**6:00 to 7:30 PM**

**Point Loma High School Library  
2335 Chatsworth Blvd.  
San Diego, Ca. 92106**

- Learn how the mind changes as students progress from elementary to secondary school.
- Educate yourself on the impact social media has on the teenage brain.
- Identify parenting skills and strategies to avoid enabling our children.
- Discover the positive role failure plays in childhood and what parents can do to help children develop grit and determination.

**Students of all ages are  
welcome to attend with  
a parent.**

**Free child care and  
translation services  
provided.**