



Parent Education Resources and Events
presents

Parenting Toward Positive Self Image *... Especially When Life Is Messy*

Thursday, March 1, 2018
Time: 7pm - 8:30p.m.



Fisher Middle School Library
For Parents of Middle and High Schoolers

RSVP: bit.ly/LifeisMessy
Admission is Free!

OVERVIEW In today's achievement-focused and body conscious society full of retouched "perfection," social media highlight reels, and "do this for success" options, maintaining a healthful and positive view of oneself can be challenging. Writer and teen mentor, Robin Massey, shares her experiences with self and body image struggles, from mild unhappiness to eating disorders and depression, and offers ideas and perspectives on supporting our children towards acceptance and thriving.

TOPICS ADDRESSED

- What we can do to as parents to support our kids, when life gets messy.
- Struggles happen in life for all of us, and each of us needs help at times.
- Positive self-image isn't a place "to get to" but rather a practice to build.

Robin Massey is a mom of three living in the Bay Area. She has played many roles over the years, including elite athlete, scholar-athlete at Stanford University, HR in high tech land, personal chef and health coach, and author. Robin is especially proud of her journey through (and recovery from) depression, eating disorders, and other struggles in her teens and early twenties. Life went in directions she never would have thought — and she ultimately made it out the other side stronger and wiser. She now speaks and writes in support of kids (particularly teens) as they navigate the road into adulthood. robinmassey.com

The Parenting Continuum is a community alliance empowering parents to nurture the whole child and the whole family; focusing on providing parent education and resources to parents of children in grades K-12. We are a group of volunteer parents who care and who want to bring awareness, support, and resources to support the navigation of our parenting journeys. www.parentingcontinuum.org