



NCHS Student Services Parent Program

**Tuesday, February 28, 2017
7:00-8:30 P.M., NCHS Little Theater
*co-hosted with WJHS counselors**

**WALKING IN BALANCE:
STRATEGIES FOR LIVING A BALANCED
LIFE.** *A workshop for parent and teens together.*

Speaker: Dr. Nancy Rivas

We all know how easy it is to get thrown off track these days, and to feel like our lives are controlling us vs. us controlling our lives. That is why working on finding some balance is so essential for our teens and ourselves.

This workshop will explore the various aspects that affect balance, including obstacles and challenges. It will also offer and explore strategies towards achieving a more balanced life. The presentation will touch on prioritizing and identifying values, communication skills, mindfulness, deep breathing and other “in the moment” skills to proactively work on managing our lives and decreasing stress.

Dr. Nancy Rivas is a licensed clinical psychologist who has been in practice in the Naperville area for 15 years. Dr. Rivas is a certified EMDR specialist, and is the founder and director of Flourishing Lives Counseling Center in Naperville. Previously she spent 12 years at the Meier Clinic, where she was the clinical director for their Adolescent Intensive Outpatient Program. Dr. Rivas works from a developmental model spanning early childhood ages through adulthood. She has specialized expertise with adoption, attachment, trauma, anxiety, depression and self-injury.

**HOME
& SCHOOL**
Naperville Central High School



Naperville Central
High School
Social Workers,
Home and School
& WJHS counselors
are pleased to
present the final
Parent Program in
2016-2017.

Please join us and
bring a friend!

Open to all
parents in
District 203 &
the Naperville
Community.

Questions?
Contact NCHS
Social Workers.

630-420-6435
630-420-6437