

# Developing Resilient Children

An Evening with Nationally Noted Speaker & Author Maria Trozzi



**Maria Trozzi, M.Ed.**

Ms. Trozzi is an assistant professor of pediatrics at Boston University School of Medicine, director of the nationally renowned Good Grief Program at Boston Medical Center, consultant to the Child Development Unit at Children's Hospital Boston, and the author of several books and numerous articles. One of the foremost experts on child and family bereavement in the country, Ms. Trozzi has provided crisis consultation after Columbine High School, Hurricane Katrina and the 9/11 attacks and has lectured nationally to professional audiences in every major city.

Ms. Trozzi currently serves as the advisor to Joanna's Place, a non-profit organization in Weymouth that provides continuing support to families who are suffering a significant loss or change.

**Wednesday, October 21  
6:30 PM  
BID-Milton Nangeroni  
Center  
RSVP 617-313-1557**

Join Maria Trozzi, M.Ed., for an interactive evening where she will explore the typical and not-so-typical speed bumps that children and adolescents encounter growing up in 2015. The 'race to get ahead', to compete, to do one's best can create stress for both parents and their children. Learn more about developmentally informed strategies that are often counter-intuitive for parents, but help children master the coping skills that promote resilience. Some topics that will be covered:

- Dealing with life's disappointments: When our children hurt, what to say and not to say;
- My Daddy moved out: Finding the child's voice during stressful family times;
- Grampy no longer remembers my name: When illness strikes a family member;
- To push or not to push: The race to get ahead and what it means to your child;
- The world's news events: Navigating them for any aged child;
- When Rover is old and tired: Talking about death with children of any age



**Beth Israel Deaconess Hospital  
Milton**