



**CHALLENGE
SUCCESS**

***Reduce Academic Stress w/o
Sacrificing Achievement***

When we are too focused on grades and performance, we deny our children the time and energy they need to tackle the demanding work of growing up. In this presentation, you'll learn how you can establish a healthier home environment for your school-aged child, reduce academic stress without sacrificing achievement, and increase your child's resilience, creativity, and well-being.

This is an interactive workshop based on the ***Well Balanced Student*** by *Challenge Success*, a non-profit organization affiliated with the Stanford University Graduate School of Education. This presentation is coupled with opportunities for personal reflection, audience participation, and brief discussion. Parents leave with practical strategies for home and school.

Sponsored by



Mary Hofstedt

School Program Director, Challenge Success

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Mon, May 6th at 7:00 - 8:30pm

Skyline HS Theater

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Tue, May 7th at 10:00-11:30am

KIDSTAGE First Stage

Village Theatre, Issaquah

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Register at

<http://ParentWiser.org>

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Free for

**PTSA members of Issaquah schools,
non-members \$10 donation**

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For PARENTS of grades K-12