



How to Help Your Student Manage Stress and Challenges

Milorad Cavic

English & Language Interpretation service available

Saturday

November 22, 2025
1:30 – 3:00pm

How to Help Your Student Manage Stress and Challenges

Students today face constant pressures—academic, athletic, and personal. This workshop is designed to help parents learn effective ways to guide their children through life's inevitable challenges with strength, balance, and optimism.

Join **Milorad (“Milo”) Cavic, an Olympic swimmer and world champion** who has faced—and overcome—adversity both in and out of the pool. From growing up as a first-generation American and overcoming bullying, to competing under immense international pressure, Milo will share his powerful insights on resilience, mental health, and the importance of embracing failure as a step toward growth.

Parents will learn practical ways to help their children manage stress, stay calm under pressure, bounce back from setbacks, and build a positive, resilient mindset.

*Language interpretation service will be provided during the presentation.

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160 NW Gilman Blvd, Suite 326,
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