



# BUILDING RESILIENCE: THE 4 SIMPLE STEPS TO HELP YOUR CHILD THRIVE



Join us for our Parent Academy with  
Dr. Hayley Watson, creator of Open Parachute  
Wednesday, November 8, 2023, 6 p.m.-7:15 p.m.  
Central Middle School

## About Dr. Watson

Dr. Hayley Watson is a Clinical Psychologist specializing in children and adolescents with a PhD in school bullying interventions, along with four further academic degrees in the field of mental health. She has been creating and delivering youth and school-based programs globally for the past 20 years, and has worked across a range of sectors including police victim services, non-profit organizations, private psychology practices, hospitals, schools, and universities. She trains educators and parents worldwide on holistic wellbeing practices, and is the founder of Open Parachute - a video-based school mental health program using documentary stories of real students sharing their experiences of overcoming struggle as a platform for reducing stigma and building resilience, that is being delivered in schools across the US, Canada and Australia.

