

**The Glen Rock Public Schools**

# **‘Journey to Somewhere’ Speaker Series presents**



**Dr. Kenneth  
Ginsburg  
Thursday,  
March 31**

**ADMISSION  
IS  
FREE**

Visit Dr. Ginsburg’s website at  
[www.fosteringresilience.com](http://www.fosteringresilience.com)



Glen Rock Board of Education  
Glen Rock, NJ 07452  
201-445-7700, [www.glenrocknj.org](http://www.glenrocknj.org)

Dr. Ginsburg, renowned expert on  
**Resiliency**, will present **two** dynamic  
programs for parents:

**“Seven Cs of Stress”**

for elementary parents

**9-11 a.m. GRHS Auditorium**

and

**“Stress and Perfectionism”**

for middle/high school parents and  
high school students

**7-9 p.m. GRHS Auditorium**

**All communities welcome!**

**400 Hamilton Ave., Glen Rock**