



The Hanover SEPAC

will host a presentation by Dr. Karin Hodges



Opting for Growth by Embracing Stress and Emotions: Let's Get Uncomfortable

Thursday March 14th, 2024, 6-8pm
HHS Library

5:30- 6pm Come early and meet the SEPAC

In this presentation, Dr. Hodges will shed light on the systems and professions that have inadvertently contributed to the rise of childhood mental illness and the widespread mental health crisis. She will explain the mechanisms that grow mental illness versus emotional well-being and describe the essential resources that children require today for health and healing. She will provide a glimmer of hope in the fight against teen mental illness, offering a widely applicable solution that has potential for global impact. If you are aiming to help kids heal or if you want them to thrive, do not miss out on this enriching educational experience!

Dr. Karin Hodges is a psychologist, Child development expert, MIT lecturer, and she is the CEO and founder of Raising Moxie. She is a passionate advocate for disseminating empirically grounded concepts, creating nurturing environments, and fostering childhood growth.

