

# Parent Workshop & Student Assembly

On Friday, March 9<sup>th</sup>, PS 39 will be hosting Kristin O'Rourke, LCSW and author of the children's book, *There's a Bully in my Brain*. Kristin will be speaking with families during a Parent Workshop. Students will have a chance to listen to the story and chat with the author during a grade level student assembly.

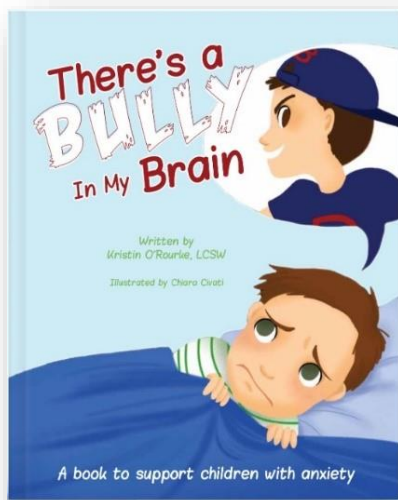
**Friday, March 9<sup>th</sup>**

**Parent Workshop**  
8:30- 9:15 am

**Student Assemblies**

Gr. K - 2  
Gr. 3 -5

**Author Signed Copies Available for Purchase- \$15.00**



We all have that inner voice that tells us we are not strong enough, not brave enough, not smart enough....*There's a Bully in My Brain* is a story about a young boy named Justin who struggles with feelings of anxiety, fear and self-doubt. When he realizes there is a bully living in his brain, he must decide between continuing to feel afraid or finally standing up for himself.

Written by the owner of In-Home LCSW, Kristin O'Rourke, a Clinical Social Worker with over fifteen years of experience working with children with anxiety disorders. *There's a Bully in My Brain* teaches children to recognize early warning signs of worry and introduces them to simple, concrete and realistic strategies to better cope with feelings of anxiety. This book is perfect for children, parents, therapists, school counselors and teachers! Empower children to think positive thoughts and stand up to the bully in their brain to overcome their fears!

**Kristin O'Rourke** owner of In-Home LCSW and former PS 39 Guidance Counselor, is a Clinical Social Worker with over fifteen years of experience supporting children with anxiety disorders. Her book, *There's a Bully in My Brain*, teaches children to recognize early warning signs of anxiety and introduces them to simple, concrete and realistic exercises they can use to overcome it.



Book Title	# of copies	Book inscribed to:
<i>There's a Bully in My Brain</i>		

Child's Full Name \_\_\_\_\_

Child's Class \_\_\_\_\_ Order Total: \_\_\_\_\_

(Cash or checks payable to PS 39 in a sealed, labeled envelope – by March 5, 2018 )