



Bullies to **Buddies** *Workshop*

What: In this workshop you will learn how to teach your child or children how to respond to aggression from others. The Bullies to Buddies method, developed by psychologist Izzy Kalman, is a social skills program that uses role playing to teach children how to respond to bullying. Most bullying programs are based on identifying and punishing the bully. Bullies to Buddies teaches how to respond to a bully in a way that immediately decreases the incidence of bullying and increases resilience. This method doesn't just change the lives of individual children; it has the potential to change the entire culture of a school and its community.

When: May 2nd, from 6:30 p.m. to 8:00 p.m.

Where: FMG IMC

Why You Should Come:

- Learn what you can do to bully-proof your child

Who: Connie Palmer is an experienced teacher, therapist and school counselor with thirty years of experience working with children. In addition, she has two teenage daughters. Throughout her career, she has been on a quest to find a solution to the problem of bullying and is now on a mission to share the gold she has found in the Bullies to Buddies curriculum. This seminar will help you understand the causes of bullying and will give you techniques that will make a difference in your children's lives.