



Office of Curriculum, Instruction, & Assessment  
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# Ridgewood Public Schools Community Outreach Program

Co-sponsored by The Valley Hospital, with support from the  
Ridgewood Education Foundation and the Home and School Association

Join your peers and colleagues for an engaging presentation that will help you create balance in your children's lives and support their emotional wellbeing.



**Join us on Monday, March 28th for**

## **THE WELL-BALANCED STUDENT**

**Presented by Dr. Madeline Levine  
Psychologist and Expert in Child, Adolescent, and Parenting Issues**

Madeline Levine, PhD, is a clinician, consultant, and educator; the author of the New York Times bestsellers *The Price of Privilege* and *Teach Your Children Well*; and a cofounder of Challenge Success, a project of the Stanford School of Education that addresses education reform, student well-being, and parent education. She lives outside San Francisco with her husband and is the proud mother of three adult sons.

**M**adeline Levine has been a practicing psychologist for twenty-five years, but it was only recently that she began to observe a new breed of unhappy teenager.

Numerous studies show that privileged adolescents are experiencing epidemic rates of depression, anxiety disorders, and substance abuse—rates that are higher than those of any other socioeconomic group of young people in this country. The various elements of a perfect storm—materialism, pressure to achieve, perfectionism, disconnection—are combining to create a crisis in America's culture of affluence.

Levine offers thoughtful, practical advice as she explodes one child-rearing myth after another. With empathy and candor, she identifies parenting practices that are toxic to healthy self-development and that have contributed to epidemic levels of depression, anxiety, and substance abuse in the most unlikely place—the affluent family.



**Benjamin Franklin Middle School  
335 North Van Dien Avenue  
7:00-9:00 pm**