

the  **BOUNCE BACK™ PROJECT**
Monticello Speaker Series presents...

Hardwired to Connect: Why Relationships are the Key to Resilience with Erin Walsh

Our brains are unleashed for maximum performance when we feel connected to our families, peers, and community. Safe, secure and supportive relationships are not just “nice” — they’re essential for learning and well-being.

Combining the latest discoveries in brain science with stories and humor, Erin Walsh will explore why connection is the key ingredient for resilience, stress management, and happiness. She will share practical strategies that will leave you feeling affirmed, inspired and ready to build more connected communities.



Come early and learn about organizations providing resources and support right here in our community at the **Resource Fair from 6-7pm**. Sponsored by the Monticello School Social Workers.

TUESDAY, FEBRUARY 12, 2019
7:00 PM – 8:00 PM

COST:

Free!

All are welcome

LOCATION:

Monticello High School
Auditorium

5225 School Blvd., Monticello

LEARN MORE:

Go to the **Upcoming
Events** page on

BounceBackProject.org