



PARTNERSHIP FOR AWARENESS
PRESENTS

Building Our Youth's Resilience and Confidence



Phyllis
Fagell

Phyllis is the school counselor at Sheridan School, an independent K-8 in Washington, DC; a therapist who works with kids and families in private practice; and an author and journalist.

She's the author of "Middle School Matters" and a frequent contributor to the Washington Post. She also writes for Psychology Today, CNN, Working Mother, U.S. News & World Report and Your Teen, and her ideas have been shared in outlets including The New York Times, The Atlantic, The New Yorker and NPR.



Through stories, research and her professional experience, Phyllis will offer parents a menu of practical strategies that will help tweens and teens acquire the key skills they need to manage the social complexity, academic challenges and intense emotions that characterize this critical phase. The added challenges inherent in raising our children through a pandemic, influence of social media, and the increase in mental health issues also will be covered.

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