



Roxey Ballet is proud to host

Teens & Stress: Balancing Activities, Academics, & a Healthy Lifestyle in High School

In partnership with
Newtown Sport Performance Psychology



Friday, April 8th, 4:30-5:30pm

The Mill Ballet School, Eagle Firehouse, 46 North Sungan Road, New Hope

A Free Workshop for Students. Parents are welcome to attend!



STACY HUNT, PHD

Dr. Hunt, a licensed Clinical Psychologist and Sport Psychologist, has been providing psychology services to help individuals succeed for more than 15 years. As a professional member of the Association for Applied Sport Psychology, Dr. Hunt enjoys helping people improve, whether in mental skills training to enhance performance, or in a clinical situation calling for psychotherapy, stress management or better life adjustment. The goal is to perform better at whatever you do.

Dr. Hunt's dual focus in Sports and Clinical Psychology provides her expertise to handle personal as well as performance-related issues, allowing for the highest standard of professional care. She is also a Board Member of the Philadelphia chapter of IAEDP (International Association of Eating Disorder Professionals) and specializes in eating disorder and substance use as well. Her experience as a dancer at School of American Ballet informs her work with young athletes. Dr. Hunt speaks nationally and internationally on many Sports and Clinical Psychology topics.



ROB TUCKMAN, LPC, EDS

Rob Tuckman has been working for the past 25 years as a school counselor providing psychological support for students in all three levels (elementary, Middle and High) of schools. Along with his responsibilities as a mental health professional, Rob has also coached athletes at the varsity, junior varsity, middle school, and collegiate levels in sports ranging from Lacrosse (men's), basketball (men's and women's), soccer (men's and women's), and wrestling.

The combination of Rob's experience providing psychological support with his athletic coaching experience has provided an expertise in working with both male and female athletes. A member of multiple sports boards and organizations, Rob has presented to student athletes, parents, coaches, etc. on many topics dealing with athletic performance from "How to bring your play from good to great", "Love the Game! A presentation to parents on how to keep the love of the game in youth sports" and "Overcoming your mental: How to get out of your head."

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