

ThinkWell *presents*

# RAISING STURDY KIDS

**Special Evening Session for Parents with Keith McCurdy**  
(Roanoke-based counselor, educator, and speaker)

Many young people in America are struggling. They're in a mental health crisis or know someone who is. As parents, how can we raise sturdier children who are prepared to live well—informed by Truth—in the midst of a broken world?

**Wednesday June 28**  
**6:30–8:30 PM**

 CrossLife Community Church, 1410 Old Brook Rd., Charlottesville, VA 22901



Keith McCurdy has 30+ years of experience working with families, parents, children, and others in the mental health field. A Roanoke-based licensed professional counselor, educator, speaker, founder/president of *Live Sturdy LLC*, and president/CEO of *Total Life Counseling*, he will speak to parents on approaches to helping kids handle the normal rigors of life.

Part of the **2023 ThinkWell Conference**  
Free and open to all parents and members of the community!  
(You do *not* need to have a child attending the conference)

Child care available for parents with younger kids

Learn more at [www.thinkwellconference.org](http://www.thinkwellconference.org)  
Questions? Email us at [info@thinkwellconference.org](mailto:info@thinkwellconference.org)

## What Parents Say about Keith McCurdy

“After Keith McCurdy spoke to students at our daughter’s school, she came home and declared, ‘You guys don’t give me enough responsibility.’ That got our attention! As a result, we attended the evening parents’ session and were so thankful we did. Keith’s message is one of wisdom, inspiration, and hope. It is possible to strengthen a family unit, and Keith points the way forward with humor and sincerity. We highly encourage you to take advantage of the opportunity to hear Keith speak.”

—Kathy and Scott Gorry (Charlottesville, VA)

“Keith speaks plainly about the realities young people are facing today and offers straight-forward counsel to both parents and children. His call-it-like-you-see-it approach is refreshing. Whether your child is 4 or 24, you will benefit and be challenged by his decades of experience working with young people.”

—Stuart Hornsby (Charlottesville, VA)