

The Community Speaker Series

Presented by District 86 and District 181

Serving These Schools

HTHS District 86

Hinsdale Central
Hinsdale South

Butler District 53

Butler Junior High
Brook Forest Elementary

Cass District 63

Cass Junior High
Concord Elementary

CCSD 180

Burr Ridge Middle
Anne M. Jeans Elementary

CCSD 181

Clarendon Hills Middle
Hinsdale Middle
Elm Elementary
Madison Elementary
Monroe Elementary
Oak Elementary
Prospect Elementary
The Lane Elementary
Walker Elementary

Darien District 61

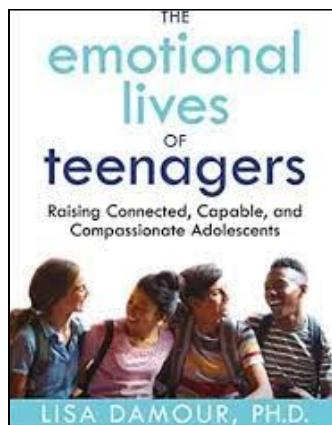
Eisenhower Junior High
Lace Elementary
Mark Delay Elementary

Gower District 62

Gower Middle
Gower West Elementary

Maercker District 60

Westview Hills Middle
Holmes Primary
Maercker Intermediate



Lisa Damour

The Emotional Lives of Teenagers

Raising Adolescents Who Are
Connected, Capable, and Compassionate

Adolescent mental health isn't about feeling good, calm, or relaxed, but about having the right feelings at the right times, and knowing how to manage those feelings effectively.

Lisa Damour Ph.D. offers guidance to adults on how to help teens open up, and how to keep teens from being overwhelmed by their emotions or feeling at the mercy of their moods. She provides concrete strategies for dealing with teens' arguments, risk-taking, emerging romantic lives, friendships, social media, and more.



Tuesday

February 7, 2023

6:30pm- 8:00pm

Webinar

The presentation is free
and open to all.

Registration Required

If you cannot attend to
receive a recording, please
register. A recording of the
webinar will be sent to all
registrants.



Register at

www.d181foundation.org