

Confronting the Epidemic

of Stress and Anxiety in Girls

ISA DAMOUR, Ph.D.

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GUIDING TEENAGE GIRLS THROUGH THE SEVEN TRANSITIONS INTO ADULTHOOD

Lisa Damour, Ph.D. langled is the most down-to-earth, readable parenting book Tve come across in a long time"-THE WASHINGTON POST Convention Mainte

Under Pressure: Taking Control of Stress & Anxiety

Noon Thursday, Sept. 23

Use this link to join the webinar: https://glenbard.zoom.us/j/82157114977