

The Community Speaker Series

presented by District 86 and District 181

Nationally Renowned Experts

Informing and Inspiring Families in the K-12 Community About Important Issues in Education, Wellness, and Parenting

2018-2019

Dr. Jean Twenge

Understanding iGen and How to Harness the Positive Trends and Mitigate the Negative Ones

October 9, 2018, 7:00pm - 8:30pm
October 10, 2018, 9:30am - 11:00am
Location: The Community House

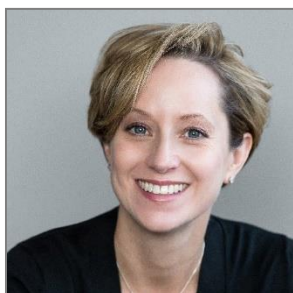


Dr. Jean M. Twenge, Professor of Psychology at San Diego State University, is the author of more than 140 scientific publications and books. Dr. Twenge frequently gives talks and seminars on teaching and working with today's young generation based on a dataset of 11 million young people. Her research has been covered in publications including *Time*, *Newsweek*, and *U.S. News and World Report*, and she has been featured on *Today*, *Good Morning America*, and National Public Radio. She holds a BA and MA from the University of Chicago and a Ph.D. from the University of Michigan. She lives in San Diego with her husband and three daughters.

Dr. Lisa Damour

Guiding Girls Through The Seven Transitions Into Adulthood

January 23, 2019, 7:00pm - 8:30pm
Location: Hinsdale Central Auditorium
January 24, 2019, 9:30am - 11:00am
Location: Hinsdale South Auditorium



Dr. Lisa Damour is an author, media contributor, consultant, senior advisor, and international speaker who maintains a private psychotherapy practice, and serves as the Executive Director of Laurel School's Center for Research on Girls. Dr. Damour's recent *New York Times* best seller, *Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood*, is now being produced as a docu-series. Her forthcoming book, *Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls*, publishes in February 2019. Dr. Damour graduated with honors from Yale University and earned her doctorate in Clinical Psychology at the University of Michigan. She and her husband are the proud parents of two daughters.

Angst: Raising Awareness Around Anxiety

Documentary Film and Discussion with Dr. John Duffy

April 17, 2019, 9:30am - 11:30am
Location: The Community House
April 17, 2019, 7:00pm - 9:00pm
Location: Hinsdale South Auditorium



Angst is a film and virtual reality experience that explores anxiety, its causes, effects and what we can do about it. The filmmakers' goal is to have a global conversation and raise awareness around anxiety. *Angst* features candid interviews with kids and young adults who suffer, or have suffered, from anxiety and what they've learned about it. The film includes discussions with mental health experts about the causes of anxiety and its sociological effects, as well as help, resources and tools.

Dr. John Duffy, from LaGrange IL, is a highly sought-after clinical psychologist, best-selling author, certified life coach, parenting and relationship expert, and proud husband and father.



For more information or to register for a program, visit www.d181foundation.org