

# 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

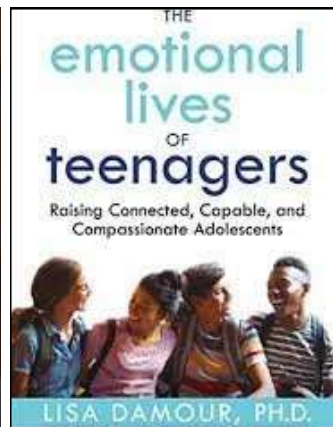
Eisenhower Junior High  
Lace Elementary  
Mark Delay Elementary

### 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](http://www.d181foundation.org)

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