



Parenting the New Teen in the Age of Anxiety

John Duffy, Psy.D.

Author, *Parenting the New Teen in the Age of Anxiety* and *The Available Parent*; co-host of the podcast *better* with his wife Julie Duffy.

Interviewer: Heidi Stevens

Award-winning "Balancing Act" columnist for the *Chicago Tribune* and co-host (with Dr. Duffy) of the podcast *On Purpose*.

Thursday, January 16, 2020, 7:00 PM
North Shore Country Day School Auditorium
310 Green Bay Rd., Winnetka, IL 60093

Presented by **Family Action Network (FAN)**,

in partnership with Beacon Academy, Family Service Center, Foundation 65, Fusion Academy, Glencoe D35, Glencoe PTO, Haven Youth and Family Services, Lake Forest Country Day School, Mindful Psychology Associates, New Trier Parents' Association, North Shore Country Day School, Regina Dominican High School, Rogers Park Montessori School, Roycemore School, Science and Arts Academy, Winnetka S36, and the Wolcott School.

This event is **#freendopentothepublic** and will be recorded. Suitable for youth 12+. familyactionnetwork.net

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FOR IMMEDIATE RELEASE: JOHN DUFFY, Psy.D.

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Thursday, January 16, 2020, 7:00 PM, Parenting the New Teen in the Age of Anxiety, North Shore Country Day School Auditorium, 310 Green Bay Rd., Winnetka, IL 60093. Interviewer: Heidi Stevens.

In his latest bestselling book, *Parenting the New Teen in the Age of Anxiety*, John Duffy, Psy.D. offers guidance on navigating the terrain of contemporary adolescence. The “new teen” has unlimited digital access and unprecedented levels of academic, social, and family stressors. Young teens are constantly confronted with how they measure up to their peers, their status relative to others, their physical and emotional struggles. For vulnerable children and teens, these non-stop assessments, delivered via electronic media, are overwhelming. With rising rates of teen anxiety, depression, and substance use, parents are seeking to understand how to best support and connect with their children.

Dr. Duffy is a highly sought-after clinical psychologist, bestselling author, podcaster, and parenting and relationship expert. He has been working in his clinical practice with individuals, couples, teens, and families for nearly twenty-five years. Along with his clinical work and his new book, Dr. Duffy is also the author of the number-one bestselling *The Available Parent*. He served as a regular parenting and relationship expert on Steve Harvey, with more than seventy-five appearances, and shares his expertise several times a month on WGN Radio. Other appearances and citations include the Today show, E! News, Chicago Tribune, Fox Good Day Chicago, The Jam, WGN-TV, The Morning Blend, NPR, the Huffington Post, the Wall Street Journal, Redbook, Time, Good Housekeeping, Men’s Health, Chicago Parent, Cosmopolitan, Teen Vogue, Wired, Parenting, Your Teen, Parents, Family Circle, Chicago Sun-Times, and Real Simple magazine, among many others.

Dr. Duffy is cohost of a popular podcast, *better*, with his wife Julie, as well as the podcast *On Purpose* with award-winning Chicago Tribune “Balancing Act” columnist Heidi Stevens. Ms. Stevens will join Dr. Duffy on stage for a wide-ranging interview about Dr. Duffy’s new book, their weekly podcast, and the news and topics that flow through our lives as parents, partners, and friends.

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