



Things Mentally Strong **13** Parents *Don't* Do:

Raising Self-Assured Children and Training Their Brains for a Life of Happiness, Meaning, and Success.

7:00 p.m. Wednesday, January 29

College of DuPage, McAninch Arts Center (MAC)
425 Fawell Boulevard in Glen Ellyn



Amy Morin

13 Things Mentally Strong People Avoid and How You Can Be Your Best Self

**Noon
Thursday,
January 30**

Marquardt District #15
administration building
1860 Glen Ellyn Road
in Glendale Heights

