



Grown & Flown: A Conversation on How to Support Your Teen, Stay Close as a Family, and Raise Independent Adults

Lisa Heffernan and Julie Lythcott-Haims

Ms. Heffernan is co-founder of the #1 online parenting community Grown and Flown, and co-author of a book of the same name. Ms. Lythcott-Haims is the *New York Times* bestselling author of *How to Raise an Adult*, *Real American*, and the forthcoming *Your Turn: How to Be an Adult*.

Wednesday, October 28, 2020, 7:00 PM Central
www.bit.ly/HeffernanFANWebinar

PLUS: After-Hours Event!

Purchase a paperback copy of Ms. Heffernan's book Grown & Flown from FAN's partner bookseller The Book Stall to receive a link to a lively "After-Hours" event hosted by Ms. Heffernan. Details on the webinar registration page.

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

in partnership with Baker Demonstration School, Beacon Academy, Bennett Day School, Catherine Cook School, Compass Health Center, Countryside Day School, Evanston Township High School D202, Family Service Center, Family Service of Glencoe, Foundation 65, Fusion Academy, Glencoe D35, Haven Youth and Family Services, Kenilworth D38, Lake Forest Country Day School, Loyola Academy, Mindful Psychology Associates, Near North Montessori School, New Trier High School D203, New Trier Parents' Association, North Shore Country Day School, Pope John XXIII School, Porter-Gaud Parents' Association, Regina Dominican High School, Rogers Park Montessori School, Roycemore School, the School of Education and Social Policy at Northwestern University, Science and Arts Academy, Stevenson High School D125, The Alliance for Early Childhood, The Family Institute at Northwestern University, Wintrust Bank, Wolcott College Prep, and Woodlands Academy.

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

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FOR IMMEDIATE RELEASE: LISA HEFFERNAN AND JULIE LYTHCOTT-HAIMS

CONTACT: Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

Wednesday, October 28, 2020, 7:00-8:00 PM, Grown & Flown: A Conversation on How to Support Your Teen, Stay Close as a Family, and Raise Independent Adults, a FAN Webinar feat. Lisa Heffernan and Julie Lythcott-Haims. REGISTER: www.bit.ly/HeffernanFANWebinar. BONUS AFTER-HOURS EVENT: Attendees who purchase a paperback copy of *Grown & Flown* from FAN's partner bookseller *The Book Stall* are invited to attend an AFTER-HOURS event hosted by Ms. Heffernan that will start immediately after the webinar. Details can be found on the webinar registration page.

Research confirms that the role parents play in the later part of their children's lives—from the final days of childhood to the threshold of adulthood—is as important as any other life stage. This is true more now than ever, as parents and young adults face uncertainty and an inability to plan into the future as they were once able to do, even as little as six months ago.

Lisa Heffernan and Mary Dell Harrington's online parenting community, *Grown and Flown*, is the #1 site for parents of teens, young adults, and college students and has been featured in *The Atlantic*, *The New York Times*, *The Wall Street Journal*, *USA Today*, *Money*, *People*, *Today*, and other national media outlets.

Their book, *Grown and Flown: How to Support Your Teen, Stay Close as a Family, and Raise Independent Adults* is the one-stop resource for parenting and "launching" teens and young adults. The new paperback edition includes never-before-published material that covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic, the book draws expert advice from physicians, psychologists, educators, and writers, including past FAN speakers **Lisa Damour, Ph.D.** (FAN '19 and '20), **Frank Bruni** (FAN '15), and **Rachel Simmons** (FAN '18).

Ms. Heffernan will be in conversation with another FAN favorite, **Julie Lythcott-Haims** (FAN '15 and '17). Ms. Lythcott-Haims is the *New York Times* bestselling author of *How to Raise an Adult*. Her TED Talk on the subject has more than 5 million views, and in 2020 she became a regular contributor with CBS *This Morning* on parenting. Her second book is the critically acclaimed and award-winning prose poetry memoir *Real American*, which illustrates her experience as a Black and biracial person in white spaces. A third book, *Your Turn: How to Be an Adult*, will be out in April 2021.

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