



Life as a QuarantEEN: Youth Mental Health Post-Pandemic

Lisa Damour, Ph.D.

Psychologist and author of two *New York Times* bestselling books, *Untangled* and *Under Pressure*. Monthly "Adolescence" columnist for the *New York Times*, co-host of the "Ask Lisa" podcast, and regular contributor to CBS News.

Saul Arnow

Chair, Mental Health Working Group of the city of Chicago's Mayor's Youth Commission, and a junior at the University of Chicago Laboratory Schools.

Margo Cicero

Vice-Chair, Mental Health Working Group of the city of Chicago's Mayor's Youth Commission, and a junior at Whitney Young Magnet High School.

Tuesday, May 25, 2021, 7:00 PM Central
www.bit.ly/DamourFANWebinar

Presented by **Family Action Network (FAN)** and the city of Chicago's **Mayor's Youth Commission**, in partnership with Baker Demonstration School, Beacon Academy, Catherine Cook School, Christ Church Winnetka, Compass Health Center, Countryside Day School, Evanston Scholars, 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 Academy, Lake Forest Country Day School, Latin School of Chicago, Loyola Academy, Mindful Psychology Associates, Near North Montessori School, New Trier High School D203, New Trier Parents' Association, Pope John XXIII School, Porter-Gaud Parent Association, Regina Dominican High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, Science and Arts Academy, Stevenson High School D125, The Alliance for Early Childhood, The Family Institute at Northwestern University, the School of Education and Social Policy at Northwestern University, Wintrust Bank, and Youth and Opportunity United (Y.O.U.).

This event is #freeandopentothepublic and will be recorded. Suitable for all ages. familyactionnetwork.net

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Tuesday, May 25, 2021, 7:00 PM, Life as a Quaranteen: Youth Mental Health Post-Pandemic, a FAN webinar featuring Lisa Damour, Ph.D., in conversation with Saul Arnow and Margo Cicero.

REGISTER: www.bit.ly/DamourFANWebinar.

On top of the usual struggles of adolescence, young people have spent the last year adjusting to remote learning, disruptions to social lives, minor disappointments, and major losses. While we look towards the light of a post pandemic world, a whole new set of mental health concerns are emerging. How do we even think about approaching these challenges?

New York Times columnist and American Psychological Association thought leader **Lisa Damour, Ph.D.** brings inspiring, practical advice about obstacles and opportunities for our mental health post-pandemic and skills we can use to foster a resilient rebound. In a youth-centered, youth-moderated conversation, Dr. Damour will outline strategies young people, and those who care for them, can use to support their mental health.

Dr. Damour is the author of two *New York Times* bestselling books, *Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood* and *Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls*. She writes the monthly *Adolescence* column for the *New York Times*, co-hosts the *Ask Lisa* podcast, appears as a regular contributor to CBS News, works in collaboration with UNICEF, and serves on the Advisory Board for *Parents* magazine.

Dr. Damour will be in conversation with **Saul Arnow** and **Margo Cicero**, chair and vice-chair, respectively on the Mental Health Working Group of the city of Chicago's **Mayor's Youth Commission**. Mr. Arnow is a junior at the University of Chicago Laboratory Schools, and Ms. Cicero is a junior at Whitney Young Magnet High School, both in Chicago.

The Mayor's Youth Commission is made up of 25 high school and college students who were nominated by Chicago-based community organizations and represent neighborhoods and schools across the city. The inaugural class of Youth Commissioners was charged with developing a vision and youth-focused agenda for the Mayor's administration and will now be a key voice in the city's post-COVID recovery efforts.

This event suitable for all ages. It will be recorded and available later on our website and YouTube channel.

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