



## Zen Parenting: Caring for Ourselves and Our Children in an Unpredictable World

**Cathy Cassani Adams, LCSW**

Co-host of the *Zen Parenting Radio* podcast, co-founder of the annual Zen Parenting Conference, and author of four parenting books.

**Maru Torres-Gregory, JD, Ph.D., LMFT**

Couples and family therapist and faculty member in the Marriage and Family Therapy Program at The Family Institute at Northwestern University.

**Monday, February 7, 2022, 7:00 PM Central**

**[www.bit.ly/AdamsFANWebinar](http://www.bit.ly/AdamsFANWebinar)**

**PLUS: After-Hours Event!**

Purchase a copy of *Zen Parenting* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Adams and Dr. Torres-Gregory. Details on the webinar registration page.

Presented by **Family Action Network (FAN)**, in partnership with

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This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+. [familyactionnetwork.net](http://familyactionnetwork.net)

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**FOR IMMEDIATE RELEASE: CATHY CASSANI ADAMS, LCSW**

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**Monday, February 7, 2022, 7:00-8:00 PM, Zen Parenting: Caring for Ourselves and Our Children in an Unpredictable World, a FAN webinar featuring Cathy Cassani Adams, LCSW, in conversation with Maru Torres-Gregory, JD, Ph.D., LMFT.**

**BONUS AFTER-HOURS EVENT:** Attendees who purchase a copy of *Zen Parenting* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Adams and Dr. Maru that will start immediately after the webinar. Details on the webinar registration page.

**REGISTER:** [www.bit.ly/AdamsFANWebinar](http://www.bit.ly/AdamsFANWebinar).

It's so easy to fall into the trap of parenting without real awareness, relying on other people's ideas and values or outdated child-rearing techniques. In her new book *Zen Parenting: Caring for Ourselves and Our Children in an Unpredictable World*, Cathy Cassani Adams, LCSW advocates mindfulness, calm, and self-regulation at a time when all parents desperately need it. Adams discusses everyday parenting issues like peer pressure, stress from school, self-care, emotional intelligence, sexuality, gender, and more. She offers concrete examples and strategies to help, using the seven chakras as a guide. She teaches parents how to listen and grow in the relationships they're creating with their children, with connection as the primary focus.

For ten years, Adams and her husband Todd have co-hosted the *Zen Parenting Radio* podcast, a top-ten kids and family podcast on iTunes, and they are the creators of the Zen Parenting Conference held in Chicago. Adams is the author of *The Self-Aware Parent* (2009), *The Self-Aware Parent Two* (2011), and *Living What You Want Your Kids to Learn: The Power of Self-Aware Parenting* (2014). Adams is a social worker, a former elementary school teacher from a family of educators, and a yoga teacher. She is a frequent guest on WGN Radio and she has been featured in *Parents*, *Newsweek*, *The Wall Street Journal*, *Chicago Tribune*, *Ebony*, *Crain's Chicago Business*, and *Today's Chicago Woman*.

Adams will be in conversation with **Maru Torres-Gregory, JD, Ph.D., LMFT** (FAN '19 and '21), a couples and family therapist and a faculty member in the Marriage and Family Therapy Program at **The Family Institute at Northwestern University**. Dr. Maru has extensive experience working with couples, adults, young adults, adolescents, and families.

This event suitable for youth 12+. It will be recorded and available on our website and YouTube channel.

Sponsored by **Family Action Network (FAN)**, in partnership with **Beacon Academy, Bennett Day School, Catherine Cook School, Christ Church Winnetka, Compass Health Center, Countryside Day School, Evanston Township High School D202, Family Service Center, Family Service of Glencoe, Foundation 65, Francis W. Parker School, Fusion Academy, Haven Youth and Family Services, Hyde Park Day School, Kenilworth D38, Lake Bluff D65, Lake Forest Academy, Lake Forest D67, Lake Michigan Association of Independent Schools, Loyola Academy, Mindful Psychology Associates, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Pope John XXIII School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, School of Education and Social Policy at Northwestern University, Science & Arts Academy, Spirit of 67, St. Athanasius School, Stevenson High School D125, The Alliance for Early Childhood, The Avery Coonley School, The Family Institute at Northwestern University, University of Chicago Laboratory Schools Parents' Association, and Woodlands Academy.**