



The Emotional Lives of Teenagers Lisa Damour, Ph.D.

Clinical psychologist, *New York Times* bestselling author, *Ask Lisa* podcast co-host, and regular contributor to CBS News.

TWO IN-PERSON EVENTS!

EVENT #1: Thursday, March 2, 2023, 7:00 PM

Loyola Academy, Performing Arts Center, 1100 Laramie Ave., Wilmette, IL

No registration required at the Loyola Academy event. Live stream: goramblers.org/lisadamour

EVENT #2: Friday, March 3, 2023, 12:00 PM - 1.5 CEUs available!

University of Chicago Crown Family School of Social Work, Policy, and Practice, 969 E. 60th St., Chicago, IL

REGISTRATION REQUIRED: bit.ly/DamourFANCrown

First 200 attendees at the March 3 event will receive a free copy of *The Emotional Lives of Teenagers*.

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

Baker Demonstration School, Barrington D220, Beacon Academy, Bernard Zell Anshe Emet Day School, Brickton Montessori School, Catherine Cook School, Chiaravalle Montessori School, Chicago Jewish Day School, Compass Health Center, Countryside Day School, Evanston Scholars, Evanston Township High School D202, Family Service Center, Family Service of Glencoe, Foundation 65, Francis W. Parker School, Glencoe D35, Gorton Center, Haven Youth and Family Services, Hyde Park Day School, Kenilworth D38, Lake Bluff D65, Lake Forest Academy, Lake Forest Community High School D115, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Latin School of Chicago, Leo Catholic High School, Loyola Academy, Magnetar Capital, Mindful Psychology Associates, Near North Montessori School, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University School of Education and Social Policy, Pope John XXIII School, Rebel Human, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, Science & Arts Academy, Stevenson High School D125, The Alliance for Early Childhood, The Avery Coonley School, The Family Institute at Northwestern University, The Frances Xavier Warde School, University of Chicago Crown Family School of Social Work, Policy, and Practice, University of Chicago Laboratory Schools Parents' Association, Wilmette Public Library, Winnetka D36, Winnetka-Northfield Public Library District, Wintrust Financial,, Wolcott College Prep, Woodlands Academy, and Youth & Opportunity United

These events are #freeandopentothe public; the 3/2 recording will be available for 30 days. Suitable for youth 12+ familyactionnetwork.net

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FOR IMMEDIATE RELEASE: LISA DAMOUR, Ph.D. – TWO IN-PERSON EVENTS

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

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As many parents, caregivers, and teachers raising and working with teenagers find, powerful emotions come with the territory. And with so many of today's teens contending with academic pressure, social media stress, worries about the future, and concerns about their own mental health, it's easy for them – and their parents – to feel anxious and overwhelmed. Over the past three years, the pandemic has presented unique challenges for teenagers: the forced social isolation derailed the central developmental tasks of adolescence, like spending time with peers and becoming increasingly independent.

FAN welcomes back clinical psychologist **Lisa Damour, Ph.D.** (FAN '19, '20, '21) for the launch of her brand-new book *The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents*. With clear, research-informed explanations alongside illuminating, real-life examples, her important new book gives parents the concrete, practical information they need to steady their teens through the journey into adulthood.

Dr. Damour co-hosts the "Ask Lisa" podcast, writes about adolescents for the *New York Times*, appears as a regular contributor to CBS News, works in collaboration with UNICEF, and maintains a clinical practice. She is the author of two *New York Times* bestsellers, *Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood* and *Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls*.

This event suitable for youth 12+. The Loyola Academy event will be recorded, and the video will be available for 30 days on our website and YouTube channel.

Sponsored by **Family Action Network (FAN)**, in partnership with Baker Demonstration School, Barrington D220, Beacon Academy, Bernard Zell Anshe Emet Day School, Brickton Montessori School, Catherine Cook School, Chiaravalle Montessori School, Chicago Jewish Day School, Compass Health Center, Countryside Day School, Evanston Scholars, Evanston Township High School D202, Family Service Center, Family Service of Glencoe, Foundation 65, Francis W. Parker School, Glencoe D35, Gorton Center, Haven Youth and Family Services, Hyde Park Day School, Kenilworth D38, Lake Bluff D65, Lake Forest Academy, Lake Forest Community High School D115, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Latin School of Chicago, Leo Catholic High School, Loyola Academy, Magnetar Capital, Mindful Psychology Associates, Near North Montessori School, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University School of Education and Social Policy, Pope John XXIII School, Rebel Human, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, Science & Arts Academy, Stevenson High School D125, The Alliance for Early Childhood, The Avery Coonley School, The Family Institute at Northwestern University, The Frances Xavier Warde School, University of Chicago Crown Family School of Social Work, Policy, and Practice, University of Chicago Laboratory Schools Parents' Association, Wilmette Public Library, Winnetka D36, Winnetka-Northfield Public Library District, Wintrust Financial, Wolcott College Prep, Woodlands Academy, and Youth & Opportunity United.