

Family Awareness Network (FAN) and Am Shalom are proud to present:

An Evening with Wendy Mogel

New York Times best-selling author of *The Blessing of a Skinned Knee* and *The Blessing of a B Minus*

Helicopter moms. Snowplow dads.

Now "teacup" teens, over-protected and fragile.

*Dr. Wendy Mogel will explain the culture of over-parenting,
and why faith, detachment and humor are essential for your family's well-being.*

Monday, October 17, 2011

7:00 p.m.

Am Shalom

840 Vernon Ave., Glencoe

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FOR IMMEDIATE RELEASE

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Evening lecture sponsored by Family Awareness Network of New Trier Township Schools (FAN) and Am Shalom, Glencoe, IL.

Monday, October 17, An Evening with Wendy Mogel, 7:00-9:00 PM, Am Shalom, 840 Vernon, Glencoe, 60022. Wendy Mogel, Ph.D. is an internationally acclaimed clinical psychologist, parenting expert and the author of the *New York Times* best selling parenting book, *The Blessing of a Skinned Knee*. *The Blessing of a Skinned Knee* offered parents practical wisdom about the task of raising self-reliant children, and was guided and infused by Dr. Mogel's clinical experiences and by her immersion in Jewish thought and teachings.

In her new book, *The Blessing of a B Minus*, Dr. Mogel continues in the same vein, this time examining the teen years, and asks us to "convert our teens' struggles into blessings." She demonstrates how to reframe our common struggles with teens – rude behavior, chores, materialism, self-centeredness, experimentation and rule-breaking – to allow for teens' needed character development and maturation. Dr. Mogel advocates that parents move away from over-protection, over-involvement and over-enmeshment, which leave teens unable to solve their own problems and learn from their own mistakes.

For this presentation, planned as a highlight of **Am Shalom's** 40th anniversary year-long celebration, Dr. Mogel will reorient us to take a long-range view toward allowing our teens to become, accept and embrace their imperfect but fully human selves. She will identify ways we can guide our teens with "leadership that is respectful of their developmental phase and their individual spirit," helping them to become resilient, self-reliant and appreciative adults.

On the topic of parenting, Dr. Mogel is one of the most requested and sought-after speakers in the country. Her humorous, knowing, compassionate presentation will enlighten you and move you to a deeper level of love and understanding of your wonderful teenagers. Please join us for this very special evening.

Sponsored by the **Family Awareness Network of New Trier Township (FAN)** and **Am Shalom**. FAN is grateful for its 2011-12 partnerships with **North Shore Community Bank; NorthShore University HealthSystem; Quintessential New Trier** magazine; and **The Book Stall at Chestnut Court**. CPDUs available for education professionals, and CEUs for health professionals. All programs are free and open to the public. For more information, visit www.fan-ntts.org

