

**FAN**

Creating Healthy Dependency and Connection Without Losing Yourself

# The Balancing Act

Nedra Glover Tawwab

New York Times bestselling author of  
*Set Boundaries, Find Peace*



## The Balancing Act: Creating Healthy Dependency and Connection Without Losing Yourself

**Nedra Glover Tawwab, LCSW**

Licensed therapist, relationship expert, and New York Times bestselling author of *Set Boundaries, Find Peace and Drama Free*.

**Natalie Y. Moore**

Award-winning journalist and author. Senior lecturer and director of audio programming at NU's Medill School of Journalism.



**Tuesday, February 24, 2026, 7:00 PM CT**  
**Register: [www.bit.ly/TawwabFANWebinar](http://www.bit.ly/TawwabFANWebinar)**

**BONUS BOOK GIVEAWAY, sponsored by FAN!**  
**Details on Zoom registration page.**

This event is **#freeandopentothepublic** and will be recorded. Suitable for youth 12+

Presented by **FAN** and 54 of our member schools and organizations.  
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FOR IMMEDIATE RELEASE: NEDRA GLOVER TAWWAB, LCSW – ON ZOOM

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Tuesday, February 24, 2026 | 7:00 PM CT

**The Balancing Act: Creating Healthy Dependency and Connection Without Losing Yourself**  
A FAN webinar featuring Nedra Glover Tawwab, LCSW, in conversation with Natalie Y. Moore

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

**Bonus Book Giveaway:** FAN is giving away copies of *The Balancing Act* to randomly selected Zoom attendees. Details on the webinar registration page.

Licensed therapist **Nedra Glover Tawwab, LCSW** (FAN '23), has built a remarkable platform exploring relationships and self-care—two *New York Times* bestsellers, 1.8 million Instagram followers, a weekly podcast, and a widely-read newsletter. Her newest book, ***The Balancing Act: Creating Healthy Dependency and Connection Without Losing Yourself***, extends her groundbreaking work by offering a roadmap to relationships that honor both dependency and individuality.

With signature clarity and honesty, Tawwab explores what it means to cultivate healthy dependency in contrast to the extremes of hyper-independence or codependency that many of us struggle with. While her previous books examine the importance of setting boundaries for internal peace, *The Balancing Act* combines boundary-setting with building and maintaining relationships through genuine connection. Covering attachment styles, family systems, social media habits, and cultural norms, Tawwab addresses why we swing between hyper-independence and hyper-dependence, how to recognize unhealthy patterns from codependency to indiscriminate distrust, and practical strategies for strengthening relationships while maintaining individuality.

Each chapter combines relatable vignettes, expert guidance, and reflective questions that empower readers to evaluate their patterns, navigate conflict, and build relationships that feel authentic, nourishing, and balanced. Whether seeking more closeness with a partner, clarity with a friend or family member, or greater agency in your own life, *The Balancing Act* offers a path toward connections that sustain rather than drain you.

Tawwab will be in conversation with **Natalie Y. Moore**, an award-winning journalist and author and senior lecturer and director of audio programming at the Medill School of Journalism at Northwestern University.

This event is suitable for youth ages 12 and up. It will be recorded and available on FAN's website and YouTube channel.

Sponsored by **FAN**, in partnership with The Alliance for Early Childhood, The Avery Coonley School, Avoca D37, Baker Demonstration School, Beacon Academy, Bennett Day School, Bernard Zell Anshe Emet Day School, Brickton Montessori School, British International School of Chicago, Catherine Cook School, Compass Health Center, Connections for the Homeless, Countryside Day School, Evanston Scholars, Evanston Township HS D202, The Family Institute at Northwestern University, Family Service Center, Foundation 65, The Frances Xavier Warde School, Francis W. Parker School, Glencoe D35, Glenview Public Library, Gorton Center, Hyde Park Day School, Illinois Student Assistance Commission, Kenilworth D38, Lake Bluff D65, Latin School of Chicago, Leo Catholic High School, Libertyville D70, Lycée Français de Chicago, Magnetar Capital, Near North Montessori School, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Pope John XXIII School, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Santa Clara University School of Law, Science & Arts Academy, The Sonia Shankman Orthogenic School, Stevenson High School D125, Township High School D113, Township High School D214, TrueNorth Educational Cooperative #804, UChicago Network for College Success, Wilmette Public Library, Winnetka D36, Wolcott College Prep, Woodlands Academy, Youth & Opportunity United