

THE EMOTIONAL LIVES OF TEENAGERS**DR. LISA DAMOUR**Clinical Psychologist, Senior Advisor to the Schubert Center for
Child Studies at Case Western Reserve University**MONDAY, 10/2, 6PM*****VIRTUAL EVENT***

With so many of today's teens contending with 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. But it doesn't have to be that way. With clear, research-informed explanations alongside real-life examples, Dr. Damour will give parents the practical information they need to steady their teens through the bumpy journey into adulthood. This program will be presented via Zoom so local schools and community organizations can watch together to provide an opportunity for sharing of local resources, and busy parents of teens can sign on from home.

Register for the webinar at <http://bit.ly/SPFDamour>

Dr. Lisa Damour is the author of three New York Times best sellers: Untangled, Under Pressure, and The Emotional Lives of Teenagers. She co-hosts the Ask Lisa podcast, works in collaboration with UNICEF, and is recognized as a thought leader by the American Psychological Association. Dr. Damour is also a regular contributor to The New York Times and CBS News.

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