

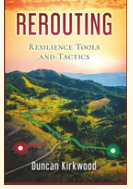
Upcoming Events



HYBRID EVENT -- LIVE LIFE WELL WEEK -- The Critical Skills to Unleash Perseverance, Passion and Purpose

Duncan Kirkwood
Tuesday, Feb. 25 at 7 p.m.

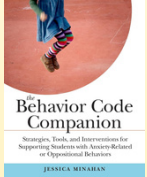
NOTE: Free Community Wellness Resource Fair at 6:15
Glenbard West High School, 670 Crescent Blvd in Glen Ellyn



HYBRID EVENT -- Practical Strategies for Reducing Anxiety and Increasing Executive Function Skills (Organization, Time Management & Task Completion)

Sarah Ward and Dr. Jessica Minahan
Thursday, Feb. 27 at 7-9 p.m.

Program held at Glenbard South High School and over Zoom



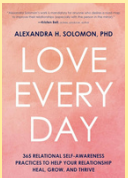
Better Days: Supporting Kids' Mental Wellness When Things Aren't OK

Sarah Vinson, MD
Thursday, March 6 at noon and 7 p.m.



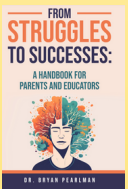
HYBRID EVENT -- Cultivating Healthy Relationships For Joy, Peace and a Meaningful Life

Dr. Alexandra Solomon
Wednesday, March 12 at noon and 7 p.m.
Noon program held at College of DuPage and over Zoom



From Struggles to Success: Foster Goal Setting, Responsibility and Compromise

Dr. Bryan Pearlman
Wednesday, March 19 at noon and 7 p.m.



How to NOT Raise a Narcissist in an All-About-Me World

Dr. Mary Ann Little
Tuesday, March 25 at noon and 7 p.m.



Tap Into Your Intuition to Connect with Your Child and Go Easy on Yourself

Meghan Leahy
Thursday, April 10 at noon and 7 p.m.

