



# **Save The Dates!**

## **NCHS Student Services Parent Programs 2019 - 2020**

**MONDAY, SEPTEMBER 30, 2019**

7:00-8:30 P.M.

**HOW TO MOTIVATE, ORGANIZE AND ACHIEVE: HELPFUL  
TIPS FOR STUDENT SUCCESS**

**SPEAKER: NCHS EXECUTIVE FUNCTION TEAM  
NCHS LITTLE THEATER**

**TUESDAY, OCTOBER 29, 2019**

7:00-8:30 P.M.

**USING MINDFULNESS TO REDUCE ANXIETY  
AND STRESS**

**SPEAKER: TODD MICHAEL FINK  
NCHS LEARNING COMMONS**

**MONDAY, JANUARY 20, 2020**

7:00-8:30 P.M.

**GETTING YOUR TEEN READY TO LAUNCH!  
HOW TO PREPARE THEM FOR COLLEGE AND  
BEYOND**

**SPEAKER: DEB DAVERO & GINA GRAHAM  
NCHS LITTLE THEATER**

**FEBRUARY, 2020 (EXACT DATE TBD)**

7:00-8:30 P.M.

**MANAGING STRESS, ANXIETY AND  
DEPRESSION: "I'M NOT HAPPY. WHAT IS  
WRONG?"**

**SPEAKER: LINDSEY HARRINGTON  
LOCATION: TBD**



Naperville Central  
High School  
Social Workers  
and  
Home and School  
are pleased to  
present the 2019-20  
PARENT SERIES.

*Please join us and  
Bring a friend!*

Open to all  
District 203 &  
the Naperville  
Community.

Questions?  
Contact NCHS  
Social Workers

630-420-6435  
630-420-6437