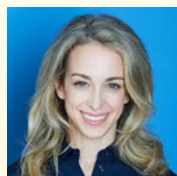


Upcoming Events



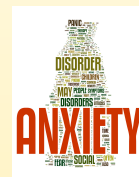
Good Inside: A Guide to Becoming the Parent You Want to Be

Dr. Becky Kennedy in conversation with Lori Gottlieb
Wednesday, September 4 at noon and 7 p.m.



Anxiety and Stress Reduction Strategies for Teens and Adults

Dr. Ali Mattu
Wednesday, September 11 at noon and 7 p.m.



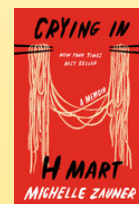
B-PAC: Lecciones de Vida para Criar a un Adolescente del Siglo XXI / Life Lessons for Raising a 21st Century Teen

Dr. Hector Montenegro
Thursday, September 12 at 7 p.m.



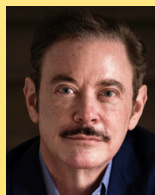
COMMUNITY READ EVENT – Crying in H Mart: A Memoir

Michelle Zauner in conversation with Kelly Corrigan
Wednesday, September 18 at 7 p.m.



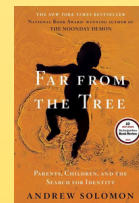
HYBRID EVENT – Prevention Starts With All: The Chris Herren Story

Chris Herren, former NBA player
Thursday, September 19 at 7 p.m.
In person at the McAninch Arts Center (MAC) at College of DuPage and on Zoom



Far From the Tree: The Many Ways of Unconditional Love and Acceptance

Dr. Andrew Solomon
Tuesday, September 24 at noon and 7 p.m.



Driven to Distraction: The New Science to Shift from Deficits to Strengths – ADHD & More

Dr. Edward Hallowell
Monday, September 30 at noon and 7 p.m.

