

## Upcoming Events



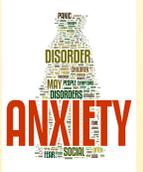
### **Good Inside: A Guide to Becoming the Parent You Want to Be**

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.



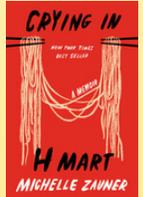
### **B-PAC: Lecciones de Vida para Criar a un Adolescente del Siglo XXI / Life Lessons for Raising a 21st Century Teen**

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



### **COMMUNITY READ EVENT – Crying in H Mart: A Memoir**

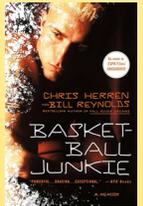
Michelle Zauner in conversation with Kelly Corrigan  
 Wednesday, September 18 at 7 p.m.



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

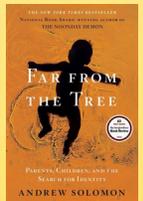
Chris Herren, former NBA player  
 Thursday, September 19 at 7 p.m.

**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.

