

The Community Speaker Series

presented by District 86 and District 181

Nationally Renowned Experts

Informing and Inspiring Families in the K-12 Community About Important Issues in Education, Wellness, and Parenting

2019-2020

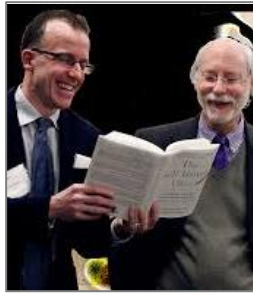
**Dr. William Stixrud and
Ned Johnson**

The Self-Driven Child

October 22, 2019, 9:30am - 11:00am

October 22, 2019, 7:00pm - 8:30pm

Location: The Community House



William Stixrud, Ph.D. is a clinical neuropsychologist and a faculty member at Children's National Medical Center and George Washington University Medical School. He lectures widely on the adolescent brain, meditation, and the effects of stress, sleep deprivation, and technology overload on the brain. Ned Johnson is the founder of PrepMatters, a tutoring service in Washington, DC, and a sought-after speaker and teen coach for study skills, parent-teen dynamics, and anxiety management. Together, Dr. Stixrud and Mr. Johnson discovered that the best antidote to stress is to give kids more of a sense of control over their lives. They co-authored *The Self-Driven Child*, to teach parents how to set their children on the *real* road to success.

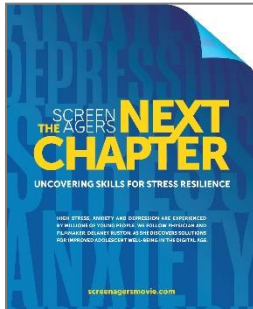
**Screenagers: Next Chapter
Documentary Film & Discussion
With Dr. Delaney Ruston**

**Uncovering Skills for Stress
Resilience**

February 5, 2020, 9:30am - 11:30am

February 5, 2020, 7:00pm - 9:00pm

Location: The Community House



Delaney Ruston, M.D., a filmmaker and physician, uses a personal lens and professional eye to help parents flip the script on stress, anxiety, and depression. In her new film *SCREENAGERS Next Chapter*, Ruston sets out to uncover how we understand these challenges in our current screen-filled society. And how we can empower teens with skills to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience.

Katie Hurley, LCSW

**How to Raise Empathic and
Resilient Kids**

April 21, 2020, 7:00pm - 8:30pm

April 22, 2020, 9:30am - 11:00am

Location: The Community House



Katie Hurley, LCSW is a child and adolescent psychotherapist, parenting expert, and writer. She is the founder of "Girls Can!" empowerment groups for girls between ages 5-11. Hurley is also the author of *The Happy Kid Handbook* and *No More Mean Girls*. She practices psychotherapy in the South Bay area of Los Angeles and earned her BA in psychology and women's studies from Boston College and her MSW from the University of Pennsylvania.



For more information or to register for a program, visit www.d181foundation.org