

Hinsdale Public Library

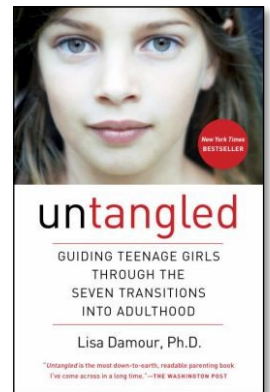
Continue the Conversation: Community Speaker Series

Guiding Girls Through the Seven Transitions into Adulthood

Wednesday, February 6, 7:00 pm

Parenting adolescent girls can be overwhelming and confusing. Come with questions about what is normal and what to worry about, and plan to leave with ideas about how to talk to our girls, set limits, and foster their growing independence. Attendance at Dr. Damour's presentation not required to attend this discussion.

Presenters: Alisa Messana, LCSW & Cara Hurley, PhD



Parent-to-Parent: Adding Balance to Kid's Stressful Lives

Tuesday, February 26, 7:00 pm—8:30 pm

Our community prides itself on high achievement and high expectations, whether it's making the team, getting the grades, or looking as flawless in person as on social media. Join in this discussion about helping our kids achieve a balance to be healthy and successful.

Presenters: Laura Kaehler, LCSW; Shelley Leland, Certified Reading Specialist; and Sara Stoy Nalbach, RN, meditation instructor.



20 E. Maple Street
Hinsdale, IL 60521

630.986.1976
hinsdalelibrary.info

Visit www.hinsdalelibrary.info to register.

opening doors ...