



CATCH

Community Action Together
for Children's Health

PRESENTS:

PARENTING IN TODAY'S STRESSFUL WORLD

Keeping our Kids Emotionally Healthy

OCTOBER 25, 2018

7:00 - 8:15 pm

Northbrook Public Library

Let's Get This Conversation Started in our Community

Parenting is difficult, especially in this fast-paced, high-pressure community. Come to listen and learn from our panel of experts in emotional health.

Panelists will discuss: school pressure - embracing the average student; recognizing anxiety; teaching resilience and the power of failure; the mind-body connection of emotional health

Panelists:

Audrey Grunst, LCSW- Simply Bee Consulting
Brooke Fox, LCSW- Fox, Levine and Associates
Nicky Levine, MA, LCPC- Fox, Levine and Associates
Dori Mages, LCSW- North Shore Family Services

Register for event at www.northbrook.info/events

Walk-ins welcome!