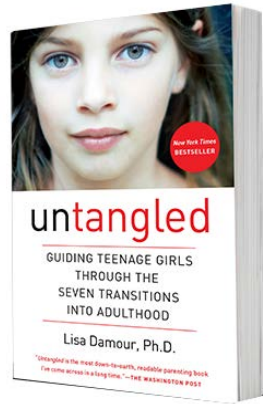
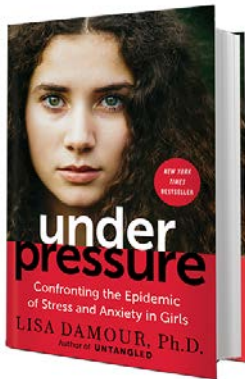


Roland Park Country School  
Robinson Health Colloquium



## Lisa Damour, Ph.D.

Roland Park Country School is honored to welcome Lisa Damour, Ph.D., a *New York Times* best-selling author, psychologist, teacher, and consultant as the featured speaker for our annual Robinson Health Colloquium on February 12.

Dr. Damour's most recent book, ***Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls***, is an accessible guide for parents who want to help their daughters navigate everyday struggles. During her talk, she will share advice about how to reframe stress and anxiety so our students can live their best lives. Dr. Damour blends years of experience with the latest research developments to provide sound, practical advice to children and adolescents as well as their parents, teachers and advocates.

Dr. Damour writes the monthly Adolescence column for the *New York Times* and is a regular contributor at CBS News. She serves as a Senior Advisor to the Schubert Center for Child Studies at Case Western Reserve University and as the Executive Director of Laurel School's Center for Research on Girls. In addition to *Under Pressure*, Dr. Damour is the author of the ***Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood***.

This event is free and open to the public. RSVP to [compass@rpcs.org](mailto:compass@rpcs.org).

**Wednesday,  
February 12, 2020  
7 p.m.**

### **About the Robinson Health Colloquium**

The Robinson Health Colloquium is generously funded by one of Roland Park Country School's trustees and a past parent, Mr. James G. Robinson. Mr. Robinson believes that parents must be fully engaged in the lives of their daughters, so the Robinson Health Colloquium focuses annually on a health-related topic of importance to girls and their parents.

  
**Roland Park  
Country School**