

Westlake Healthy Chaps Speaker Series 2022-2023

DATE	TOPIC & SPEAKER
September 8th	Regaining Peace in Your Home with Effective Communication Ashley McMann, LPC Mindful Living Therapy
September 15nd	The Nitty Gritty of College Admissions! College Admission Advisors Panel **webinar over zoom**
October 6th	How to Effectively Support Teen Nutrition + Positive Body Image Natalie Grun and Kim Fry Empathy Nutrition Therapy & Autonomy Therapy ATX
November 17th	Supporting Your Student with Tackling Time Management Lisa Johnson M.Ed. TechChef4u LLC
January 19th	How to break the cycle of procrastination: The Relationship between Executive Functioning, Motivation, & Attention Deficits Jessica Rae Shore Encompass Tutorial Services
February 9th	Healthy Technology Boundaries Jennifer Hur, LPC associate Austin Family Counseling
February 23rd	Tips and Tools for helping an anxious teen Misti Nicholson, PsyD Austin Anxiety & OCD Specialists
March 23rd	Finding a Balance with Teens Through DBT Kyla Yorkoski, LPC Austin Teen Therapy

Westbank Library - 12:00pm - 1:00pm

www.healthychaps.weebly.com

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