

Upcoming Events



Start the School Year Strong: The Science of Motivating Young People

David Yeager

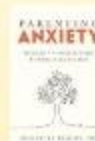
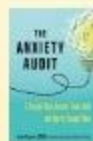
Thursday, Aug. 20 at noon and 7 p.m.



Parenting Anxiety: Breaking the Cycle of Worry and Raising Resilient Kids

Dr. Meredith Elkins in conversation with Lynn Lyons

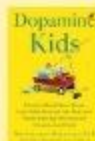
Wednesday, Aug. 26 at noon and 7 p.m.



Dopamine Kids: Understand Addictive Triggers and Rewire Young Brains

Dr. Michaeleen Doucleff in conversation with Hunter Clarke-Fields

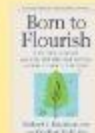
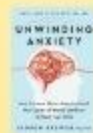
Thursday, Aug. 27 at noon and 7 p.m.



Born to Flourish: Science and Ancient Wisdom Reveal a Simple Path to Thrive

Dr. Richie Davidson and Dr. Courtland Dahl in conversation with Judson Brewer

Tuesday, Sept. 1 at noon and 7 p.m.



Understanding Adolescence: A Complex Journey of Growth and Transformation

Matt Richtel

Wednesday, Sept. 9 at noon and 7 p.m.



Situated: Find the People and Places That Bring Out Your Best

Dr. Angela Duckworth in conversation with Kelly Corrigan

Tuesday, Sep. 15 at noon and 7 p.m.



B-PAC in Spanish – Parents Under Pressure: Practical Tools for Navigating Life's Challenges

Erika Quezada

Thursday, Sept. 17 at 7 p.m.

Presented in Spanish only

