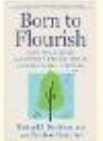
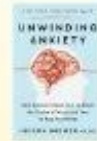


Upcoming Events



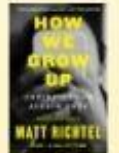
Born to Flourish: Science and Ancient Wisdom Reveal a Simple Path to Thrive

Dr. Richie Davidson and Dr. Courtland Dahl in conversation with Judson Brewer
Tuesday, Sept. 1 at noon and 7 p.m.



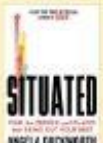
Understanding Adolescence: A Complex Journey of Growth and Transformation

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



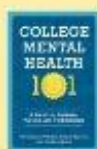
Situated: Find the People and Places That Bring Out Your Best

Dr. Angela Duckworth in conversation with Kelly Corrigan
Tuesday, Sept. 15 at noon and 7 p.m.



When Kids Say "I Hate Myself": How to Respond

Blaise Aguirre in conversation with Ross Szabo
Wednesday, Sept. 23 at noon and 7 p.m.



HYBRID EVENTS - A Little More Social: How Small Choices Create Unexpected Happiness and Connection

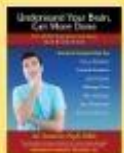
Dr. Nicholas Epley
Wednesday, Sept. 30 at noon and 7 p.m. via Zoom
In person at noon at College of DuPage and 7 p.m. at Glenbard West High School

Community Wellness Resource Fair at 6:00 p.m.



HYBRID EVENT - Preparing Students with ADHD for Success

Dr. Ari Tuckman
Thursday, Oct. 1 at noon and 7 p.m.
Noon program held at College of DuPage and over Zoom.



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

