



# PARENTING THROUGH THE DIGITAL YEARS

**DR. NICHOLAS  
EPLEY**

Wednesday, Sept. 30, Noon and 7 p.m.

HYBRID EVENTS: On Zoom, and at College of  
Dupage at noon and Glenbard West at 7 p.m.

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

***A Little More Social: How Small Choices Create  
Unexpected Happiness and Connection***

**DR. KATIE  
HURLEY**

Tuesday, Oct. 20, Noon and 7 p.m.

***The New Bully: Confronting Online  
Conflict, Rumors, and Social Exclusion***

**DR. SHERYL GONZALEZ ZIEGLER  
CATHERINE PRICE**

Wednesday, Nov. 18, Noon and 7 p.m.

***Crucial Years: The Essential Guide to Mental  
Health and Modern Puberty in Children 6-12***

**DR. JEAN TWENGE  
DR. REBECCA WINTHROP**

Wednesday, Jan. 13, Noon and 7 p.m.

***10 Rules for Raising Kids in a High-Tech World***

Resource  
Fair @ 6:00

**ADAM GRANT  
ANGELADUCKWORTH**

Monday, March 1, Noon and 7 p.m.

***Vibe: The Secrets of Strong Connections in  
a Lonely World***

**DANA  
SUSKIND, MD**

Wednesday, March 24, Noon and 7 p.m.

HYBRID EVENT: On Zoom and at College of  
DuPage at noon

***Is AI Your Kid's New Best Friend?  
The Case for a Human-Raised Childhood***

**LIZ  
REPeking**

Wednesday, April 28, Noon and 7 p.m.

***Digital Safety Essentials for Teens and  
Adults: Cyberbullying, AI, and Social  
Media***

