

The Community Speaker Series

A Special Webinar
Presented by the District 181 Foundation

Serving these schools

HTHS District 86

Hinsdale Central
Hinsdale South

Butler District 53

Butler Junior High
Brook Forest Elementary

Cass District 63

Cass Junior High
Concord Elementary

CCSD 180

Burr Ridge Middle
Anne M. Jeans Elementary

CCSD 181

Clarendon Hills Middle
Hinsdale Middle
Elm Elementary
Madison Elementary
Monroe Elementary
Oak Elementary
Prospect Elementary
The Lane Elementary
Walker Elementary

Darien District 61

Eisenhower Junior High
Lace Elementary
Mark Delay Elementary

Gower District 62

Gower Middle
Gower West Elementary

Maercker District 60

Westview Hills Middle
Holmes Primary
Maercker Intermediate



Dr. Lisa Damour

How to Manage Stress, Anxiety, and Parenting Under COVID-19

Dr. Damour explains the psychological science key to understanding how stress and anxiety operate, both under everyday conditions and at times of heightened concern and disruption. Join us to learn more about:

- Ways to keep pressure and tension from reaching toxic levels
- Techniques for parenting effectively in the current circumstances
- The most reliable strategies for managing ongoing stress

After the formal presentation, Dr. Damour will answer questions submitted by participants during the webinar.

District 181

FOUNDATION



Tuesday, April 14, 2020

7:00pm - 8:15pm

Online Webinar

**Slots are limited.
Registration Required.**

To Register
please visit
www.d181foundation.org

*The presentation is free
and open to all.*

*A recording of the webinar will be
made available after the
presentation.*

*Informing and Inspiring Families in the K-12 Community about Issues in
Education, Child Development, Wellness, and Parenting*