



Lisa Damour, Ph.D. — Two Events!

Psychologist, teacher, speaker, and consultant. Writer of the “Adolescence” column for *The New York Times*, and regular contributor at *CBS News*. Bestselling author of *Untangled: Guiding Teenage Girls Through the Seven Transitions to Adulthood* and the brand-new *Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls*.

Under Pressure: Confronting the Epidemic of Stress and Anxiety in Youth

Wednesday, May 8, 2019, 7:00 PM

New Trier High School, Winnetka Campus, Gaffney Auditorium, 385 Winnetka Ave., Winnetka, IL 60093

GRAND ROUNDS

Under Pressure: Addressing the Rise of Stress and Anxiety in Youth

Thursday, May 9, 2019, 9:00-10:30 AM

New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, IL 60093

1.5 CEU hours available for clinicians. Register: www.bit.ly/DamourFAN

Presented by **Family Action Network (FAN)**,

in partnership with Chiaravalle Montessori School, Chicago Academic, Compass Health Center, Counseling Center of the North Shore, Family Service Center, Family Service of Glencoe, Foundation 65, Fusion Academy, Haven Youth and Family Services, Latin School of Chicago, New Trier High School D203, the New Trier Parents’ Association, North Shore Country Day School, Roycemore School, The Family Institute at Northwestern University, The House, and the Wolcott School.

Both events are **free and open to the public**, and neither will be taped. Suitable for youth 12+. **INFO: familyactionnetwork.net**

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FOR IMMEDIATE RELEASE: LISA DAMOUR, Ph.D. – TWO EVENTS

CONTACT: Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

EVENT 1: Wednesday, May 8, 2019, 7:00 PM, Under Pressure: Confronting the Epidemic of Stress and Anxiety in Youth, New Trier High School, Winnetka Campus, Gaffney Auditorium, 385 Winnetka Ave., Winnetka, IL 60093.

EVENT 2: Thursday, May 9, 2019, 9-10:30 AM, GRAND ROUNDS: Under Pressure: Addressing the Rise of Stress and Anxiety in Youth, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, IL 60093. 1.5 CEU hours available. Register: www.bit.ly/DamourFAN

In her new book, the instant *New York Times* bestseller ***Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls***, Lisa Damour, Ph.D. presents an urgently needed guide to the alarming increase in anxiety and stress experienced by girls from elementary school through college. Dr. Damour details the many facets of girls’ lives where tension takes hold and offers critical coping strategies that will help parents to reduce their daughters’ anxiety and address the toxic pressures that our culture places on girls and young women.

In the engaging, anecdotal style and reassuring tone that won over thousands of readers of her first book, ***Untangled: Guiding Teenage Girls Through the Seven Transitions of Adulthood***, Dr. Damour starts by addressing the facts about psychological pressure. She explains the surprising and underappreciated value of stress and anxiety: that stress can helpfully stretch us beyond our comfort zones, and anxiety can play a key role in keeping girls safe.

For these two FAN events, Dr. Damour will talk about stress and anxiety not just in girls, but in all youth. She will focus on the difference between healthy and unhealthy stress and anxiety, and she will offer research-based practical solutions to help young people manage tension, toxic stress, and worries. She will also give advice on how to help youth build strength and confidence.

Dr. Damour is a psychologist, author, teacher, and consultant. She writes the monthly “Adolescence” column for the Well Family section of the *New York Times* and is a regular contributor at *CBS News*. She serves as a **Senior Advisor** to the **Schubert Center for Child Studies** at **Case Western Reserve University** and is also the **Executive Director** of **Laurel School’s Center for Research on Girls**.

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