

# Keynote Speaker Dr. John Duffy



PARENT COMMUNITY NETWORK'S

## 19<sup>TH</sup> ANNUAL



**Saturday, January 30, 2016**

**8:00 a.m. – 12:35 p.m.**

**Lyons Township High School – South Campus  
4900 S. Willow Springs Road, Western Springs**



**The Anxiety  
Problem in  
Parenting:  
Managing Yours,  
Minimizing Your  
Child's**

Dr. Duffy ([drjohnduffy.com](http://drjohnduffy.com)) is a highly sought-after clinical psychologist and the national best-selling author of *The Available Parent*.

Breakout session topics include:

- *The ABCs of Procrastination*
- *Emotional Intelligence: Teaching Empathy and Compassion*
- *Family Dinner: Winning Ideas for Healthy Meals*
- *Helping Children to Develop Positive Peer Relationships*
- *Holding the Line Without Losing Your Cool*
- *Put Down Your Phone, I'm Talking to You!*
- *Sibling Rivalry and Competition*
- *Too Much, Too Soon*

*Sessions fill quickly,*

*So please register early!*

Parent University is an educational forum for parents and educators of children from toddler age through young adulthood. The event begins with a keynote address, followed by two breakout sessions of your choosing from among 14 topics. Attendees will have an opportunity to visit community organization tables and network in the break/resource room. Coffee, tea and light refreshments will be available.

\$20, if registration is received by 1/22/16

\$25, after 1/22/16 and at the door

Childcare on site provided by Grand Avenue for \$7 per child – must register in advance.

For more information about sessions and speakers, and to **register online** or **download a brochure and registration form**, visit our website at [www.parentcommunitynetwork.com](http://www.parentcommunitynetwork.com)

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