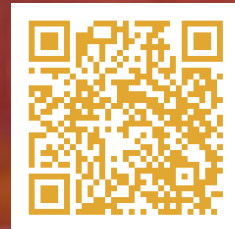


# Parent University Spring '24

D2O  
MENTAL WELLNESS COLLABORATIVE



REGISTER  
TODAY

In today's fast-paced world, nurturing our students' mental health is more crucial than ever. Join us for an empowering evening of informative presentations designed specifically for parents seeking to support their teens' and adolescents' mental health.

April 10th, 6PM-8:30PM  
Oak Park and River Forest High  
201 N. Scoville Ave, Oak Park, IL

## KEYNOTE

### Growing Up in Public: Coming of Age in a Digital World



If you've ever said "I'm so glad my teenage years weren't shared for the world to see," this talk is for you! Should you read your kids' texts? How do you help your kid be authentic when everything can be shared and compared? Do colleges really stalk kids on social media? Join this nationally recognized author for an important parenting discussion about raising tweens and teens in a media-driven world.

**Presenter:** Dr. Devorah Heitner  
PhD in Media/Technology & Society  
Northwestern University

## WORKSHOPS

### Communicating With Adolescents & Teens... Without Money, Magic, or Eye Rolls

This presentation will give you communication strategies and skills that can help your adolescent or teen feel seen, heard, and understood while opening up the door for a productive conversation.

**Presenter:** Trina Bockus, CFPS, CFPP  
Family Support Specialist, NAMI Metro Suburban

### In and Out of School: Students and a Positive Mindset

This presentation will provide a foundation for developing and maintaining student well-being both throughout the school year and during school breaks.

**Presenter:** Sarah Wiemeyer, Psy D, LCPC, MT-BC  
Clinical Director, Thrive Counseling Center



Scan for the full  
program and more  
info on the speakers

