

The Community Speaker Series

presented by District 86 and District 181

Nationally Renowned Experts

Informing and Inspiring Families in the K-12 Community About Important Issues in Education, Wellness, and Parenting

2016-2017

Madeline Levine

**Fostering Childhood & Teen Success
Without Compromising Mental Health or
Losing the Joy of Learning**

October 27, 2016, 9:30am - 11:00am

October 27, 2016, 7:00pm - 8:30pm

Location: The Community House



Madeline Levine, Ph.D. is a psychologist with close to 30 years of experience as a clinician, consultant, educator and author. She has had a large clinical practice with an emphasis on child and adolescent problems and parenting issues. Her *New York Times* bestsellers, *The Price of Privilege* and *Teach Your Children Well*, explore the reasons teenagers from affluent families are experiencing epidemic rates of emotional problems and tackle our current narrow definition of success in education. Dr. Levine is highly sought after as a lecturer and keynote speaker for parents, educators and business leaders both nationally and internationally.

Kristen Race

**Mindful Parenting
Simple and Powerful Mindfulness
Solutions for Raising Creative,
Happy Kids in Today's Hectic World**

February 7, 2017, 7:00pm - 8:30pm

February 8, 2017, 9:30am - 11:00am

Location: The Community House



Dr. Kristen Race fuses the science of the brain with simple mindfulness strategies for adults and children, all designed to create habits that counter stress and lead to resilience. Her work has been featured in *The New York Times*, *NPR*, *The Washington Post*, *CNN*, *Chicago Tribune*, *Parenting Magazine* and *Real Simple*. She is a regular blogger for *The Huffington Post* and *Psychology Today* and is a TEDx speaker. Through her company, Mindful Life, Kristen has created brain-based mindfulness programs and given talks to parents, educators, psychologists and executives all over the globe.

Documentary Film with Filmmaker Delaney Ruston

**Screenagers
Growing up in the Digital Age**

May 2, 2017, 7:00pm - 9:00pm

May 3, 2017 9:30am - 11:30am

Location: The Community House



Dr. Delaney Ruston is a filmmaker, Stanford-trained doctor and mother of two. Along with *Screenagers*, her award-winning feature documentaries include *Unlisted: A Story of Schizophrenia* (PBS), about her father, and *Hidden Pictures* (PBS), about global mental health. Delaney has been invited to speak and screen these and other films to hundreds of audiences in diverse settings around the world--such as at primary schools, conferences, medical centers, universities, the United Nations, the TEDx stage in Seattle and the World Health Organization. For her work in using film in launching advocacy movements, Delaney has won several awards. She has provided primary care in underserved clinics for over a decade.



For more information or to register for a program, visit www.d181foundation.org