



## Things Mentally Strong **13** Parents *Don't* Do:

Raising Self-Assured Children and Training Their Brains for a Life of Happiness, Meaning, and Success.

## 7:00 p.m. Wednesday, January 29

College of DuPage, McAninch Arts Center (MAC) 425 Fawell Boulevard in Glen Ellyn

## **Amy Morin**

Things Mentally Strong People Avoid and How You Can Be Your Best Self

## Noon Thursday, January 30

Marquardt District #15 administration building 1860 Glen Ellyn Road in Glendale Heights

TAKE BACK OUR POWER EMBRACE Things CHANGE, FACE YOUR FEARS, Mentally AND TRAIN YOUR BRAIN FOR Strong HAPPINESS AND PeopleSUCCESS Don't Do AMY MORIN

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Glenbard Parent Series



gilda\_ross@glenbard.org 630-942-7668