

**GPS Parent Series Viewing
Event and COD Faculty
Panel Discussion**



Girls and Boys on the Brink

Helping Our Teens Thrive in an Era
of Increased Anxiety, Depression
and Social Media

Wednesday, March 6

**Culinary & Hospitality Center
Room 1020**

Zoom viewing event
Noon to 1 p.m.

COD faculty panel discussion
1 to 2 p.m.



Donna Jackson Nakazawa

Donna Jackson Nakazawa, an author, internationally-recognized speaker and award-winning journalist, will discuss, via Zoom, strategies to help teenagers flourish in today's stressful society at this event, hosted by the College of DuPage Psychology Department and the GPS Parent Series*.

Nakazawa's Zoom presentation, "Girls and Boys on the Brink: Helping Our Teens Thrive in an Era of Increased Anxiety, Depression and Social Media," will be followed by a COD faculty panel discussion to explore the topics introduced by Nakazawa and to answer audience questions.

**For more information
about this event**

**Azure Thill,
thilla@cod.edu**

**The GPS Parent Series is a distinguished speaker series dedicated to presenting relevant, high-profile authors, educators and clinicians. These speakers offer practical research-based knowledge, strategies and personal experience to support students' engaged learning, positive youth development and well-being. All programs are free and open to the public.*

