



For questions, contact Leigh Carroll, Director of the Peer Education Collaborative: lcarroll@thayer.org

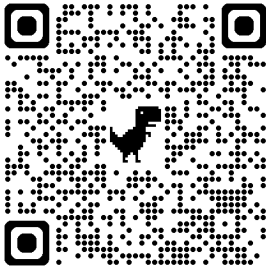
DAMOUR TIME: Real Talk On Teens

A Morning with **Dr. Lisa Damour** Saturday, November 15th

The **Peer Education Collaborative** is thrilled to present a day of programming at Thayer Academy for **parents** and **student leaders** in support of teen mental health. Breakfast and lunch served.

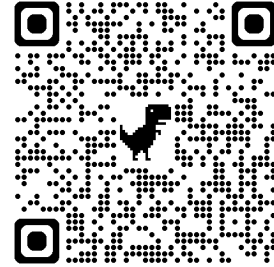
LEARN MORE!

here or on the next page



RSVP!

seats are limited!



ADULT DAY PLAN

TEEN DAY PLAN

Time	Topic	Time	Topic
9:00 - 9:45 am	Parenting in the Senior Year (open to parents of seniors)	9:00 - 10:15 am	Optional student leader meet and greet with breakfast
10:00 - 10:45 am	How to "Future Proof" Your Kids (open to all parents)	10:15 - 10:40 am	Student Leader Connection Roundtables
11:00 am - 12:00 pm	Optional debrief & discussion with other parents	10:45 - 12:00 pm	Mental Health & Listening Workshop for Student Leaders
12:00-1:00 pm	Lunch & Conversation (Dr. Damour available 12:30-1)	12:00 - 1:00 pm	Lunch & Conversation (Dr. Damour available 12:30-1)

Programming Details

Adults

9:00 - 9:45 am | Parents of Seniors | *Parenting in the Senior Year*

The senior year of high school can be one of the most stressful and emotional chapters for families. In this talk, Dr. Lisa Damour offers research-based guidance and practical strategies for navigating the challenges of the college application process, supporting teens in assessing their readiness for life after high school, and managing the transition to college.

10:00 - 10:45 am | Open to All Parents | *How to “Future-Proof” Your Kids*

Raising teenagers today can feel like preparing them for an unpredictable world. In this talk, Dr. Lisa Damour will draw on decades of clinical experience and the latest research to highlight what parents can do right now to both support their teens in the moment and set them up for whatever lies ahead.

11:00 am - 12:00 pm | Open to All Parents | *Optional Debrief and Discussion*

Join other parents for informal discussion to share strategies and brainstorm solutions to support the “future-proofing” of your student or managing the college transition.

Students

9:00 - 10:15 am | Student Leaders | *Optional Meet and Greet*

Arriving early? Swing by between 9:00 and 10:15 for breakfast and a relaxed space to connect. No announcements or activities you’ll miss - just a friendly landing spot.

10:15 - 10:40 am | Student Leaders | *Student Connection Roundtables*

Kick off the morning by getting to know other peer leaders from different groups and schools! In this fast-moving, relaxed activity, you’ll swap stories, share ideas, and pick up new inspiration about how others are making a difference in their spaces. It’s a chance to meet new people, compare notes on what is working, and possibly spark collaborations.

10:45 - 12:00 pm | Student Leaders | *Mental Health & Listening Workshop*

We know that young people want to show up for one another as the best leaders and friends they can be. In this workshop, Dr. Damour will offer research-based insights and strategies for supporting peers’ mental health, knowing when and how to bring in an adult, and strengthening communities through the power of deep listening. Students will practice these skills and discuss how to apply them in the spaces that matter most to them.

All

12:00 - 1:00 pm | Open to All Attendees | *Lunch & Conversation*

Enjoy lunch with fellow families and student leaders. From 12:30-1:00, Dr. Damour will be available for informal questions and continued conversation.