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.

2022-2023

Stixrud & Johnson

What Do You Say?
How to Talk with Kids to Build Motivation, Stress Tolerance, and a Happy Home

Tuesday, October 18, 2022
7:00pm - 8:30pm
Wednesday, October 19, 2022
9:30am – 11:00pm
In Person at The Community House



If you're a parent, you've had a moment–maybe many of them–when you've thought, "How did that conversation go so badly?" William Stixrud Ph.D. and Ned Johnson have 60 years of combined experience talking to kids, and the most common question they get from parents and educators is: "What do I say?"

Johnson and Stixrud show how to engage in respectful and effective dialogue, suggest new ways to handle specific thorny topics, and provide a manual and map for communicating more effectively with your child.

Lisa Damour

The Emotional Lives of Teenagers:
Raising Adolescents Who are Connected, Capable, and Compassionate

Tuesday, February 7, 2023
6:30pm -8:00pm
Zoom Webinar



Adolescent mental health isn't about feeling good, calm, or relaxed, but about having the right feelings at the right times, and knowing how to manage those feelings effectively.

Lisa Damour Ph.D. offers guidance to adults on how to help teens open up, and how to keep teens from being overwhelmed by their emotions or feeling at the mercy of their moods. She provides concrete strategies for dealing with teens' arguments, risk-taking, emerging romantic lives, friendships, social media, and more.

Katie Hurley

How to Raise Empathic & Resilient Kids

Tuesday, April 25, 2023
7:00pm - 8:30pm
Wednesday, April 26, 2023
9:30am – 11:00am
In Person at The Community House



Katie Hurley LCSW discusses the critical role empathy development plays in improving a child's relationships, mental health, and ability to work through difficult times.

She presents an overview of the impact of bullying and cyberbullying, and then provides a proactive approach for empowering empathy and resilience in our children. Barriers to both are discussed. Parents will leave the program with concrete strategies for increasing empathy, kindness, and resilience.

Hinsdale Township High School District 86 | District 181 Foundation | 181 | The Community House

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