

# NEWS

## LYONS TOWNSHIP HIGH SCHOOL DISTRICT 204

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### **LT to host a parent presentation on navigating the new teen years**



The Lyons Township High School community is invited to attend a parenting presentation, entitled *Parenting the New Teen in the Age of Anxiety*, Thursday, September 19, at 7pm in the North Campus Reber Center, 100 S. Brainard Ave., LaGrange. Admission is free.

The presentation will discuss the world our kids are navigating and how it is so radically different than it was even a few years ago. Teens are psychologically and emotionally burdened by social media, unreasonable academic and social stressors, and an unprecedented stream of information. They are exposed to the harshest elements of the world much too soon, as early as 8- or 9-years-old.

Presenter Dr. John Duffy will cover the issues and challenges you will face with your child, teen and young adult. In their complicated world with all of this stimuli, with all of their identity traffic, kids need *some* compass. This discussion will help *you* be that compass.

Dr. Duffy is a La Grange-based clinical psychologist, bestselling author, podcaster, and parenting and relationship expert. He has been working in his clinical practice with individuals, couples, teens, and families for nearly 25 years.

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