



2023-2024 COMMUNITY OF CARE PROGRAMMING

Tuesday, September 12 • 7:00 p.m.
HUDSON HIGH SCHOOL AUDITORIUM

“THE EMOTIONAL LIVES OF TEENS AND TWEENS”

Hudson Community First is proud to present *New York Times* bestselling author and internationally renowned speaker Lisa Damour, Ph.D. addressing the topic of how to raise compassionate, capable, and connected kids. All are welcome. For more information, visit hudsoncommunityfirst.com.



Dr. Lisa Damour is the author of three *New York Times* bestsellers: *Untangled*, *Under Pressure*, and *The Emotional Lives of Teenagers*. She co-hosts the *Ask Lisa* podcast, works in collaboration with UNICEF, and is recognized as a thought leader by the American Psychological Association. Dr. Damour is also a regular contributor to the *New York Times* and CBS News.

Website: drlisadamour.com

~ Books are available for sale at the event, courtesy of The Learned Owl ~

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