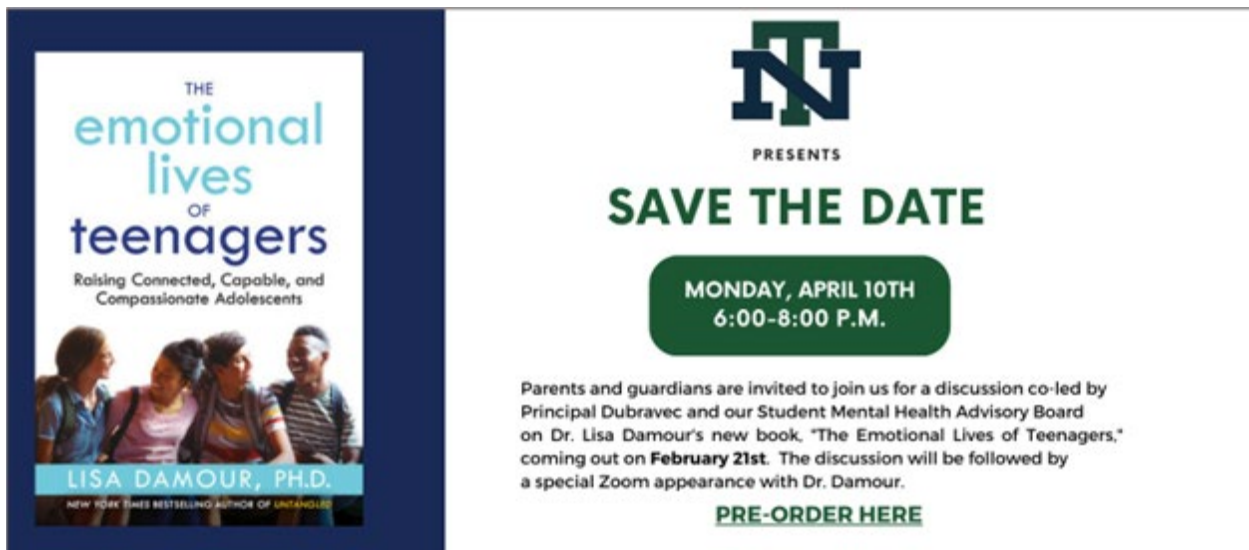


Dear New Trier Parents and Guardians-

Celebrated psychologist, best-selling author, and longtime adviser to New Trier, Dr. Lisa Damour's latest book, "The Emotional Lives of Teenagers," coming out February 21<sup>st</sup>, is an essential guide to help parents understand their teenagers' intense and often fraught emotional lives—and how to support them through this critical developmental stage.

On **Monday, April 10<sup>th</sup>**, we invite New Trier parents and guardians to join us for an engaging book discussion I'll be co-leading with our Student Mental Health Advisory Board followed by a special Zoom appearance with Dr. Damour.

Pre-order the book [here](#) or at any online bookstore. All attendees of the book discussion will receive a free autographed bookplate to place inside your new book.



The graphic is a rectangular banner with a dark blue background on the left and a white background on the right. On the left, there is a book cover for "The Emotional Lives of Teenagers" by Lisa Damour, Ph.D. The cover features a photo of four teenagers and the text "THE emotional lives OF teenagers Raising Connected, Capable, and Compassionate Adolescents LISA DAMOUR, PH.D. NEW YORK TIMES BESTSELLING AUTHOR OF UNRAVABLE". On the right, the New Trier logo (a stylized 'NT' in green) is at the top, followed by "PRESENTS" in small green letters. Below that, "SAVE THE DATE" is written in large, bold, green letters. Underneath, a dark green rounded rectangle contains the text "MONDAY, APRIL 10TH 6:00-8:00 P.M." in white. At the bottom, there is a paragraph of text in black: "Parents and guardians are invited to join us for a discussion co-led by Principal Dubravec and our Student Mental Health Advisory Board on Dr. Lisa Damour's new book, 'The Emotional Lives of Teenagers,' coming out on February 21st. The discussion will be followed by a special Zoom appearance with Dr. Damour." Below this paragraph is a green link that says "PRE-ORDER HERE".

Also note that Dr. Lisa Damour will be returning to the Chicago area March 2<sup>nd</sup> and 3<sup>rd</sup> to speak at two in-person Family Action Network events. For more information, visit the [FAN website](#).

If you plan to join us, please register [here](#).

Sincerely,

Denise Dubravec  
Principal, Winnetka Campus