



CATCH

Community Action Together
for Children's Health



Educational Events

CATCH is hosting a **Speaker Series** and **Keynote Events** to provide opportunities to learn about and discuss a wide variety of mental health topics.

SPEAKER SERIES

9/5/19: Raising Resilient Kids:

How to Help our Children Embrace Imperfection & Cultivate Self-Worth

Speakers panel presented by Coping Partners: Leigh Weisz, PsyD;
Michelle Bagan Winterstein, LCSW; Kathy Solk, LCPC

11/7/19: Navigating the Road Map for Your Student:

Understanding Private Interventions & School-Based Supports

Speaker: Lisa Novak, PsyD, Illuminate Psychological Assessments

12/5/19: How to Talk to Teens About Suicide:

Practical Tools & Ideas for More Effective Communication

Speaker: Erica Leibrandt, LPC, RYT, Ambre Associates, LLC

All events will be held from 7pm-8pm in the Northbrook Public Library Civic Room.



KEYNOTE EVENT

Practicing Failure:

A Guide for Parents to Help Teens Fail with Purpose

Featuring:

Audrey Grunst, LCSW

Owner, SimplyBee Counseling Services; Founder, SheBe Co.

October 3, 2019

7pm-8:30pm

Northbrook Public Library Auditorium

