



2017-2018 Community Wide Programming



DeerfieldParentNetwork.org

Executive Functioning:

Teaching smart kids to plan, organize and complete tasks



Dr. Victoria Tuchscherer, PhD

Oct. 25, 2017

TWO TIMES – SAME PROGRAM
10:30am
Deerfield Public Library
&
7:30pm
DHS Library



An Evening with

Rosalind Wiseman

Internationally Recognized Author & Educator

Nov. 14, 2017

7:30pm
DHS Auditorium



Expert Advice about Teens & the Law

March 1, 2018

7:30pm
DHS North Cafe

Save the Dates

John Underwood: Giving Your Teen an Extra Edge; Lifestyle Choices for Optimal Mental & Physical Performance

Wednesday, September 27, 2017*
1:00-2:30pm First Presbyterian Church, DF

Thursday, September 28, 2017*
7:00-8:30pm Elm Place School, HP
*Same program each session
CTAD sponsored program

Thursday, October 19, 2017
Ready to Hand Over the KEYS?
7:30-9:00pm DHS Library

Thursday, January 4, 2018
Taking the Fear Out of Finals:
with DHS Principal Anderson
9:30-10:30am Deerfield Public Library

Thursday, February 22, 2018
College Planning:
"What We Wish We Knew..."
7:30-9:00pm DHS Library

Thursday, April 12, 2018
An Insider's Guide to Junior Year
7:30-9:00pm DHS Library

Monday, April 30, 2018
Parenting a Smooth Transition to Deerfield High School
7:30-9:00pm DHS Library

Tuesday, May 1, 2018
College Bound: Safe & Sound
7:30-9:00pm DHS North Café

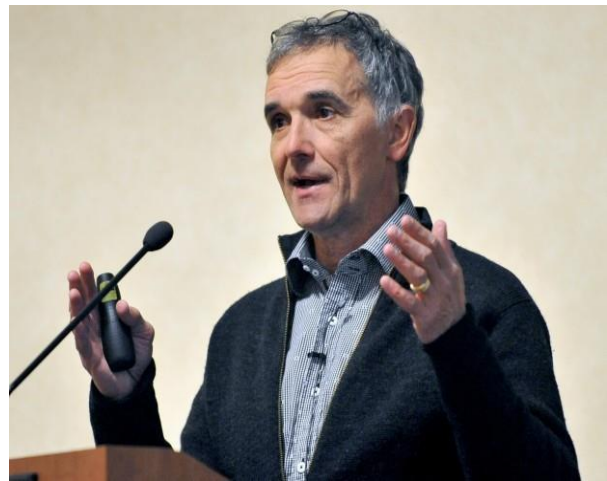
Monday, May 14, 2018
Tween Social Scene
7:00-8:30pm Deerfield Public Library

Giving Your Teen an Extra Edge

John Underwood: The Human Performance Project

A Science Based Program for Parents to Help Guide their Children's Lifestyle Choices for Optimal Mental & Physical Performance

**Every day matters.
Every day counts.
Make every day matter.
Make every day count.**



Wednesday, September 27th 1 - 2:30 pm*
First Presbyterian Church, 824 Waukegan Road, Deerfield

Thursday, September 28th 7 - 8:30 pm*
Elm Place School, 2031 N Sheridan Road, Highland Park

**same program each session*

John Underwood, an internationally recognized human performance expert, will enlighten parents on how lifestyle choices, including sleep, nutrition, stress, effects of blue light, and alcohol/drug use, impact physical and mental performance as well as overall well being. A former NCAA, All-American and international athlete, John has coached dozens of World and Olympic champions and served on many national & international sports federations. He currently serves as the Human Performance Consultant for the US Navy Seals. This program is presented by [Community – The Anti-Drug Coalition](#) in partnership with [Deerfield Parent Network](#).



Community – The Anti-Drug Coalition is a 501(c)3 nonprofit coalition working to reduce substance use among youth in Bannockburn, Deerfield, Highland Park, Highwood and Riverwoods. www.CommunityTheAntiDrug.org • info@CommunityTheAntiDrug.org • 224-765-CTAD (2823)

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