



# Parenting isn't easy. We're here to help.

Eastside Preparatory School is excited to partner with ParentMap to offer our school community FREE access to the ParentEd Talks webinar series (\$120 value). With 12 renowned speakers, we'll cover building resilience, navigating screen time, mental health, fostering independence and more essential topics.



### **Raising Digital Natives: Solutions for Healthy Screen Time Habits**

*With Delaney Ruston, documentary filmmaker, author and physician*

**Nov. 19, 2024, 7–8 p.m. PT**



### **Navigating Neurodiversity: Strength-Based Support for ADHD Kids**

*With Dr. Edward (Ned) Hallowell, psychiatrist and New York Times best-selling author*

**Jan. 16, 2025, noon–1 p.m. PT**



### **The Lost Art of Civility: Raising Respectful Kids**

*With Robert B. Brooks and Sam Goldstein, co-authors of "Tenacity in Children" and "The Power of Resilience"*

**Feb. 25, 2025, noon–1 p.m. PT**

## **Watch anytime, anywhere**

Participate in the live Q&A or access the event recordings anytime.



**See the full lineup and register for the entire series now for **free!****

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