
**EVANSTON NORTHWESTERN HEALTHCARE
DEPARTMENT OF PSYCHIATRY**

Is Pleased to Present A Series of Presentations for the Community
Regarding Parenting, Wellness & Other Mental Health Issues

Monday, November 5th

Suellyn Alexander, RN
and
EDU Staff

7:00pm-8:00pm

Meeting Room 1

Highland Park Hospital

**What Every Parent Should Know About
Eating Disorders**

Are you concerned about your child's weight loss? Have you noticed changes in your child's eating habits? Does your son or daughter spend hours in front of the mirror? You may be noticing the early signs of an eating disorder. It can be difficult as a parent to know how to intervene. Come and join us to learn more about eating disorders, the signs and symptoms, and how you can help your child.

Monday, December 3rd

John Jochem, Psy.D.

7:00pm-8:00pm

AV Lecture Hall

Highland Park Hospital

Coping with Grief or Sadness During the Holidays

Some people approach winter, especially the holiday season, with great joy and anticipation. For others, though, the shorter days and colder weather pose challenges to their mood. The holidays in particular can be difficult if recent losses or major changes have occurred during the prior year. Join us for a discussion of how best to cope with the holidays, helping you get the most out of this time of year.

Monday, January 7th

Chapman Center Staff

7:00pm-8:00pm

Meeting Room 1

Highland Park Hospital

**What Every Parent Should Know About
Teenage Alcohol and Drug Use**

Survey findings indicate that, by the 12th grade, nearly one-third of adolescents have used an illicit drug other than marijuana. An estimated 2.9% of high school seniors drink alcohol daily and 30% say they've had 5 or more drinks in a row at least once in the prior 2 week period. Clearly, these are disturbing trends and it is more important than ever for parents to be knowledgeable of current patterns of substance abuse among teens. Join us for this overview of signs, symptoms and treatment for adolescent alcohol and drug abuse.

**Locations, Cost &
Times**

All presentations are free of charge and are held from 7:00-8:00pm at Highland Park Hospital, 718 Glenview Avenue, Highland Park, IL

How to Register

Please register by visiting www.enh.org and clicking on "Classes and Events." For more information, please call Tracy Sommerfeldt at 847-570-2198 or via email to tsommerfeldt@enh.org
