

# K.N.O.W. <sup>2</sup> PREVENT

KNOWLEDGE NETWORK OF WESTCHESTER

You can't PREVENT what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

THURSDAY, OCT 28

7-8:30 PM



## Jessica Lahey

Educator, Author, Recovery & Prevention Coach

Jessica Lahey is the author of the New York Times bestselling book, *The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed* and *The Addiction Inoculation: Raising Healthy Kids in a Culture of Dependence*. Her 20-year middle & high school teaching career includes teaching adolescents in drug and alcohol rehabilitation. In addition to writing and presenting, Jessica currently works as a recovery and prevention coach.

## The Gift of Failure: Parenting and Wellness

We all want our children to lead healthy productive lives, but raising them in our current culture of overprotectiveness, while navigating the unique risks for substance use that impact adolescents, can be a challenge. Best-selling author Jessica Lahey will share wisdom gained from her 20-year career as a teacher, parent, and recovery and prevention coach. Learn how failure is a crucial element for long-term success. By letting go and allowing children to learn how to solve problems for themselves, we give them the skills to become self-reliant, confident, and successful adults. Jessica will explore topics such as homework, social dynamics, and competitive sports, along with concrete, practical tools that act as protective factors and reduce our children's risk for substance use. Parents and caregivers will leave feeling informed, challenged, and empowered.



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