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# Under Pressure

with Dr. Lisa Damour

## Stress, Anxiety, and Resilience: Thriving in Uncertain Times

As a clinical psychologist who specializes in working with teens, Lisa Damour, Ph.D., has witnessed a rising tide of stress and anxiety among the youth in her research. Knowing no parent wants to see their child in emotional overload, Damour offers helpful solutions to the stresses of growing up in the modern era.

**THURSDAY, APRIL 7, 2022 | 7:00-8:15 PM**  
**UNIVERSITY SCHOOL OF MILWAUKEE**  
**2100 WEST FAIRY CHASM ROAD**  
**RIVER HILLS, WI**



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