

StarVista, in partnership with  
Junipero Serra High School present:

# Navigating the Tides of Adolescence

Register Today!

“Navigating the Tides of Adolescence” is a panel discussion for parents and community members on the unprecedented challenges facing adolescents today. The panel will be moderated by Rachael Myrow of KQED. Panelists include Julie Lythcott-Haims, author of the highly acclaimed book, “How to Raise an Adult” and former Associate Vice Provost for Undergraduate Education and Dean of Freshmen and Undergraduate Advising at Stanford University; Gunn High School parent Kathleen Blanchard; Dr. Steven Sust, Stanford University School of Medicine and San Mateo County Psychiatrist; and Narges Zohoury Dillon, M.A., LMFT, StarVista Program Director.

## Discussion topics include:

- Components that contribute to a teen’s autonomy and decision making
- Social stigma, suicide prevention, academic stress, and peer pressure
- Strategies to promote a balanced, attainable lifestyle
- Discussion of current research and implications for practice
- Local resources for education, prevention, intervention and crisis response.

**Register Today: [StarVistaNTT.eventbrite.com](http://StarVistaNTT.eventbrite.com)**

*Registration will close when the capacity is reached.*

StarVista is a 501(c)(3) nonprofit organization whose mission is to deliver high-impact services through counseling, skill development, and crisis prevention to children, youth, adults and families.

**THURSDAY**  
**May 11, 2017**  
**7:00pm - 8:30pm**

*Doors open at 6:30pm.*

Junipero Serra High School  
**451 West 20th Avenue**  
**San Mateo, CA 94403**

StarVista



Stanford | Department of Psychiatry  
MEDICINE | and Behavioral Sciences