Overbooked is an opportunity to meet monthly with other local parents to discuss a specific book or article that explores hot topics in parenting and emotional wellbeing of our kids.

Come to all the discussions, or come to only those that pique your interest. Read the material in depth, skim it, or take a look at the cover on Amazon before you run out the door! All that is required is a willingness to learn as we discuss the main truths of the book and find support and encouragement from other parents in our community.

Overbooked meets the first Thursday of each month September through November and February through May. No registration necessary.

FEBRUARY 6:
The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults
by Frances E. Jensen, MD & Amy Ellis Nutt

MARCH 5:
Why Smart Kids Worry and What Parents Can Do to Help
by Allison Edwards, LPC

MAY 7:
Untangled: Guiding Teenage Girls Through the Seven Transitions Into Adulthood
by Lisa Damour, PhD

JUNE 4:
iGen: Why Today's Super-Connected Kids are Growing Up Less Rebellious, More Tolerant, Less Happy and Completely Unprepared for Adulthood
by Jean M. Twenge, PhD