



**Join us for our February 1<sup>st</sup> Meeting!**

We will have a guest speaker from **Inspire Family Wellness Center** in Downers Grove. The center works with many families to resolve symptoms associated with a diagnosis like ADHD, anxiety, and Autism. This educational workshop/talk will focus to educate parents on root cause of these symptoms as well as tangible, simple things they can implement right away at home.

**Guest Speaker:**

Karen L. Roach is a Licensed Clinical Social Worker and Functional Medicine Certified Health Coach. She began her extensive career working with kids suffering from childhood neurological and psychological disorders as well as kids working through the daily stressors of the social world and high expectations. Karen spent nearly 15 years in the public schools while maintaining positions in private practice and as an adjunct faculty member at Loyola University of Chicago in the School of Social Work. Karen is actively involved with the Functional Medicine Coaching Academy, Loyola University of Chicago, and local schools implementing Social Emotional Learning programs via online mediums in the office and directly in private school settings.

Wednesday, February 1<sup>st</sup>  
7:00pm

**Location:** Hillcrest Elementary School  
1435 Jefferson Ave

Email us at [infobbptg@gmail.com](mailto:infobbptg@gmail.com)  
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