

“Why Stress Matters” at MVHS on Thursday, April 19th @ 7PM in F215



MVHS Guidance *Parent Night* in partnership with *KidsMatter/ParentsMatterToo Naperville* for managing stress and building esteem



Adam Russo, LCSW, is the Founder, Chairman & CEO of Edgewood Clinical Services, a private mental health agency with four locations in Naperville, Plainfield, and Lisle, IL (west suburbs of Chicago). His most recent book, *Unwritten Rules: Real Strategies to Parent Your Child Into a Successful Adult*, was an Amazon Bestseller in the Parenting, Morals & Responsibility, and Research categories. Adam is a past Chairman of the Board for the Naperville Area Chamber of Commerce (largest suburban Chamber in Illinois with over 1200 member businesses), and a speaker at TEDx Naperville with his topic: The Importance of Failure.