



EASTSIDE CATHOLIC



LifeStance  
HEALTH

# PARENT UNIVERSITY



PRESENTED BY LIFESTANCE HEALTH AND  
EASTSIDE CATHOLIC SCHOOL



***Practicing Resilience:  
How to Thrive, Not Just Survive Life's Challenges***

**Thursday, September 16 | 6:30 - 8 p.m. | Virtual**

**Colleen Hilton, MA, LMFT**

Colleen Hilton is the founder of Acuity Counseling and a licensed marriage and family therapist with over 15 years of experience.



***Sleep and Mental Health in Adolescents***

**Thursday, October 21 | 6:30 - 8 p.m. | Virtual**

**Dr. Catherine Darley, ND**

Dr. Catherine Darley, ND, is a leader in integrative sleep medicine. She founded The Institute of Naturopathic Sleep Medicine, Inc. in 2003. She has helped people of all ages sleep well using behavioral and naturopathic approaches for sleep disorders.

***Dynamic Brains***

**Thursday, November 18 | 6:30 - 8 p.m. | Virtual**

**Dr. Kristen Allott, ND**

Dr. Kristen Allott, ND, is a naturopathic physician, national speaker and pioneering advocate for the use of whole foods nutrition to treat mental health disorders.



**TO JOIN THE MEETINGS: [rollcru.info/3gO5mg4](https://rollcru.info/3gO5mg4)**

**QUESTIONS?**

Director of Student Services Frances Carhart  
[fcarthart@eastsidecatholic.org](mailto:fcarthart@eastsidecatholic.org)  
425-295-3128

Samantha Finnie  
[samantha.finnie@lifestance.com](mailto:samantha.finnie@lifestance.com)  
206-713-0440