

MVLA 
**Parent
Education**

Lynn O'Shaughnessy

Finding the Right Fit College at the Right Price
September 11, 2018 at 7pm - MVHS Spartan Theatre

Rafael Pelayo, M.D.

Sleep: Crucial Key to Wellness and Success
October 23, 2018 at 7pm - LAHS Eagle Theatre

Sonja Lyubomirsky, Ph.D.

*The Myths of Happiness:
The Science and Practice and Increasing Well-being*
January 29, 2019 at 7pm - MVHS Spartan Theatre

Katie Hurley, L.C.S.W.

Raising Resilient Kids in a Stressful World
NEW DATE/LOCATION: February 13, 2019 at 7pm – MVHS Spartan Theatre

Kristin Neff, Ph.D.

*Self-compassion:
The Surprising Power of Being Kind to Yourself*
March 7, 2019 at 7pm - LAHS Eagle Theater

Jeff Selingo

*There is Life After College:
Navigating School to Prepare for the Jobs of Tomorrow*
April 9, 2019 at 7pm - MVHS Spartan Theatre

LIKE - IndieFlix Original Film

A documentary about the impact of social media on our lives
April 30, 2019 at 6pm and 7:30pm – LAHS Eagle Theatre



Admission is free, thanks to the generosity of our sponsors.

Visit: <http://mvlaspeakerseries.org>. Spanish translation available.