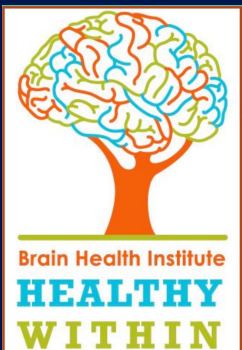


# The LCC Foundation Speaker Series Presents



**Dr. Divya Kakaiya,**  
Ph.D., M.S.  
(Psychopharm), CEDS,  
PSY: #14052  
Clinical Psychologist,  
Neuroscientist  
Neurofeedback  
Practitioner  
PROUD mother of 2!



## Raising Resilient Teens in our World

Join the interactive discussions led by Dr. Kakaiya on the subjects of:

- digital divide
- impact of social media on the teen brain
- body image
- attachment parenting
- self-esteem
- drug use
- parenting skills and strategies
- how to raise a sustainable digital family!

*Dr. Kakaiya is a community leader and has received numerous awards for her community service over the years, including: KGTV 10 News Leadership Award, KPBS Local Hero Award, Top 10 Cool Women of San Diego awarded by Girl Scouts Council, and many more. We are so fortunate to have Dr. Kakaiya come speak. Please don't miss this great event.*

**Wednesday, February 17**  
**6:30-8:00 pm**

**La Costa Canyon High School**

**David H. Thompson**  
**Performing Arts Center**

For more information please visit  
[healthywithin.com](http://healthywithin.com)  
Phone 858.622.0221  
Email [DivyaKakaiya@gmail.com](mailto:DivyaKakaiya@gmail.com)