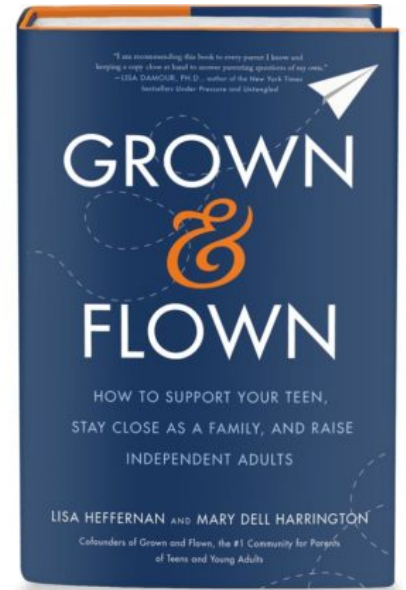




Gr8ful Connections Presents

A Special Family Education Event

# AN EVENING WITH



**Lisa Heffernan & Mary Dell Harrington, authors of**

## **“Grown & Flown”**

**How to Support Your Teens, Stay Close as a Family, and  
Raise Independent Adults**

**March 16, 6PM | Canyon Crest Academy**

**March 17, 6PM | San Dieguito Academy**

- **RSVP @ CCA:** <https://tinyurl.com/grown-CCA>
- **RSVP @ SDA:** <https://tinyurl.com/grown-SDA>

These family education events are generously sponsored by the PTSA's at Carmel Valley, Diegueño, Earl Warren, Pacific Trails, and the Oak Crest Parent Foundation and the CCA Foundation.