



Stress-Less Admissions: Navigating the College Journey with Your Sanity Intact

“Best” school or best fit? Big, medium, or a small-sized campus? Public or private? Guiding your child through the college admissions process can be daunting; learning how to dial down the stress is key. **The Safe Community Coalition is excited to host *The New York Times* best-selling author and journalist, Jeff Selingo, on Monday, April 29, at 7pm, at the McLean Community Center’s Alden Theatre.** Well known for his years of experience monitoring and researching the higher-education industry, Jeff will share his insights on current trends in college admissions and offer advice to optimize the journey.

Joining Jeff are co-moderators, Dr. Heather Tedesco, McLean Psychologist and co-author of *Raising a Kid Who Can*, and Hannah Wolff, Associate Director of College Counseling at Georgetown Preparatory School. With Mr. Selingo’s insight on college admissions, Ms. Wolff’s experience working with students and their families throughout the application process and Dr. Tedesco’s understanding of family relationships and the mental health challenges facing our teens – *this is a program you won’t want to miss!*

Advance ticket price is \$15 online and \$20 at the door and can be purchased at www.mcleanscc.org. Space is limited and tickets will likely sell out, so don’t delay! A Q&A session will immediately follow the program.

This program is sponsored by the Safe Community Coalition in partnership with the McLean Community Center (1234 Ingleside Ave., McLean, VA)

