



## “The Power of Showing Up” 19<sup>th</sup> Annual FREE Virtual Community Speaker Event

(Sarasota – March 3, 2021) Forty Carrots Family Center announces its 19th annual FREE Educational Community Speaker Event presented in partnership with the **Community Foundation of Sarasota County**. The virtual presentation will feature psychotherapist and New York Times bestselling author **Tina Payne Bryson, Ph.D** at 7 p.m. on Wednesday, Sept. 22<sup>nd</sup>. The event is free and advance registration is required.

Dr. Bryson will present insights from the book *The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired*, which she co-authored with Dr. Daniel J. Siegel, psychiatrist and best-selling author. She will share how parents and role models can manage their skills with kids in a digital world; learn to navigate in uncertain times; and discover 4 simple strategies for long term success. Her presentation will highlight while parenting isn't easy, showing up is. Attendees will receive a complimentary e-book while supplies last. Certificates of Attendance and CEU's also will be available.

“Our community is stronger when parents, educators and professionals have the latest information to better support children as they strive to achieve their full potential. We are especially grateful to the Community Foundation of Sarasota County for their longstanding support as our Presenting Partner,” stated Michelle Kapreilian, Forty Carrots Family Center CEO.

The previous 18 speaker events have reached more than 13,000 parents, professionals, and educators in our area.

To sign up for event notifications or partnership details to help support this free virtual community event visit [www.fortycarrots.org](http://www.fortycarrots.org), email [events@fortycarrots.com](mailto:events@fortycarrots.com) or call (941) 365-7716. RSVP is required and registration opens Aug. 1, 2021 at [www.FortyCarrots.org](http://www.FortyCarrots.org).

### ABOUT FORTY CARROTS:

Since 1993, Forty Carrots Family Center has served families in Sarasota & Manatee counties, ensuring good beginnings that last a lifetime for children through its expertise in Parenting Education, Mental Health Services, and Early Childhood Education. Rated 4-Stars by Charity Navigator, Forty Carrots serves families from all walks of life, with 95 percent of families receiving services free of charge.

For more information about Tina Payne Bryson, Ph.D, visit [tinabryson.com](http://tinabryson.com).

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