



FOR IMMEDIATE RELEASE

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Family Awareness Network of New Trier Township (FAN), Erika's Lighthouse, Family Service of Glencoe, Family Service Center of Wilmette, Glenview, Northbrook and Kenilworth, Family Service of Winnetka-Northfield, New Trier HS Social Work Dept., NorthShore University HealthSystem, and MakeltBetter.net PRESENT:

Wednesday, April 21, Widening Our Circle of Compassion: Human Nature and the Need for Social Connection. 7:00-9:00 PM, New Trier HS/Winnetka, Gaffney Auditorium, 385 Winnetka Ave., Winnetka, 60093. **John Cacioppo, Ph.D., Distinguished Service Professor and Director of the Center for Cognitive and Social Neuroscience at The University of Chicago**, founder of the field of social neuroscience, and a world expert on both perceived and real social isolation, will explain how we as a species have evolved a powerful, meaning-making "social brain." Using sophisticated brain-imaging studies, analysis of blood pressure, immune response, stress hormones, behavior and gene expression, Dr. Cacioppo shows how humans are deeply intertwined and interconnected, physiologically and psychologically. We are hard-wired for interdependence, and Dr. Cacioppo's decades-long interdisciplinary research reveals that loneliness is a painful social cue that prompts us to re-engage with our high-quality relationships. The pain of loneliness triggers a fear response that disrupts thinking, emotion regulation, will power, and perseverance, as well as our ability to decode social signals and exercise social skills, potentially affecting our very DNA. Author of the highly-acclaimed 2008 book, *Loneliness: Human Nature and the Need for Social Connection*, Dr. Cacioppo will urge us to consider the therapeutic power of social connection, and advise us on how to overcome defensive behaviors to achieve better health and greater happiness. This presentation has profound implications for our culture's focus on competition and individualism at the expense of social cohesion and trust. Sponsored by the **Family Awareness Network of New Trier Township (FAN)**, in a broad partnership with seven other organizations: **Erika's Lighthouse; Family Service of Glencoe; Family Service Center of Wilmette, Glenview, Northbrook and Kenilworth; Family Service of Winnetka-Northfield; New Trier HS Social Work Department; NorthShore University HealthSystem; and MakeltBetter.net.** Dr. Cacioppo's presentation, a deft blend of biology and social science, delivered from an empathic, insightful stance, will broaden your horizon. Not to be missed – bring your teen! CPDUs for education professionals. For more information, visit www.fan-ntts.org, or contact any of the partnering organizations.