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**Forty Carrots**  
**Family Center**

**The Whole-Brain Child**  
**Featuring World-**  
**Renowned Dr. Dan**  
**Siegel**

**Forty Carrots 15th Anniversary FREE Educational Community Speaker Event**

(Sarasota – July 5, 2017) The not-for-profit **Forty Carrots Family Center** is commemorating 15 years of free annual education talks with its most prominent speaker to date -- A special presentation by the world-renowned neuropsychiatrist and best-selling author **Daniel J. Siegel, M.D.** Presented in partnership with **Community Foundation of Sarasota County**, the free event is open to the community and will take place at **7 pm on Tuesday, Oct. 3** at **Riverview High School**.

Dr. Siegel will explain how to cultivate healthy emotional and intellectual development so that children can lead balanced, meaningful and connected lives by drawing insights from his best-selling book, **The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind**. Dr. Siegel will offer parents, teachers and other professional strategies to

- \*nurture children's minds at all ages;
- \*survive everyday parenting struggles, and
- \*help your family thrive.

Along with Dr. Siegel's sage advice, attendees will receive a free copy of the book and Sarasota County educators will have the opportunity to earn continuing education credits (CEUs). Certificates of attendance also are available.

A clinical professor of psychiatry at the UCLA School of Medicine, Dr. Siegel is highly regarded for his unique ability to make complex scientific concepts exciting and understandable for audiences including parents, mental health professionals, educators, justice and policy makers.

“The upstairs brain, which makes decisions and balances emotions, is under construction until a person’s mid-twenties,” said the Harvard trained Dr. Siegel, who co-authored The Whole-Brain Child book with Tina Payne Bryson. “And especially in young children, the right brain and its emotions tend to rule over the logic of the left brain. No wonder kids can seem—and feel—so out of control. By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child’s brain and foster vital growth. Raise calmer, happier children using twelve key strategies.”

“For many years Dr. Siegel has been at the top of our staff’s wish list of speakers for this community presentation,” said Michelle Kapreilian executive director at Forty Carrots Family Center. “With the support of dedicated partners such as Community Foundation of Sarasota County we are thrilled to realize this educational opportunity for our community’s families, educators, and mental health experts so more families can lead balanced, meaningful, and connected lives.”

Three-time event chairwoman Bianca Lawrence and her committee are preparing for an impactful 15<sup>th</sup> anniversary event. Forty Carrots’ past speaker events have reached over 9,000 parents, professionals and educators in our area.

**Mark your calendar to attend.** For sponsorship details or to learn how to be involved visit [fortycarrots.org](http://fortycarrots.org), email [events@fortycarrots.com](mailto:events@fortycarrots.com) or call (941) 365-7716.

While admission is free, tickets are required and available starting August 1, 2017 at [fortycarrots.org](http://fortycarrots.org). Email notifications are available now. Seating is limited.

Forty Carrots Family Center strives to provide children with a Good Beginning That Lasts a Lifetime through its Parenting Program, Mental Health Services, and Preschool. Rated 4-Stars by Charity Navigator, Forty Carrots fundraises to provide these services to families from all walks of life, with 93% of families receiving free services. Learn more at: [www.fortycarrots.org](http://www.fortycarrots.org).

**For more information about the speaker Dr. Dan Siegel** <https://www.mindsightinstitute.com/team>

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