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FOR IMMEDIATE RELEASE

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***Girls Inc. Will Host Two Events that Analyze and Celebrate the
Mother Daughter Relationship***

On Sunday, **Jan. 28th**, Girls Inc. of the Island City will partner with Books Inc. to host a visit from **New York Times Best Selling Author Deborah Tannen**, who will be in Alameda to read from her most recent book – “You’re Wearing That?: Understanding Mothers and Daughters’ in Conversation” - at a special, free, meet-the author event.

Then, to follow-up the author event and celebrate the important love relationship between mothers and daughters during the Valentine’s Day season, on Wednesday, **Feb. 7th** Girls Inc. will partner with the online auto insurance company Esurance to host a Speaker Event Panel Discussion for mothers and daughters of all ages titled “Understanding Mother Daughter Dynamics.”

Both events are being organized by Girls Inc.’s Women of the 21st Century Club and will raise money for and awareness about the programs Girls Inc. offers to inspire all girls to be strong, smart, and bold.

Meet-the-Author Event with Deborah Tannen

Date: Sunday, Jan. 28, 2007

Time: 1:00 pm to 4:00 pm

Author’s Reading and Book Signing: 2:00 pm

Location: Books Inc., 1344 Park Street, Alameda

Cost: FREE!!

Refreshments and Recommended Book List Included

20% of ALL book sales during the 3-hour event will go to support Girls Inc.!

Sponsored by Books Inc.

Deborah Tannen's #1 New York Times bestseller “You Just Don’t Understand” revolutionized communication between women and men. Now, in “You’re Wearing That?: Understanding Mothers and Daughters’ in Conversation,” she takes on what is potentially the most fraught and passionate connection of women’s lives: the mother-daughter relationship. Why do daughters complain that their mothers always criticize, while mothers feel hurt that their daughters shut them out? Why do mothers and daughters critique each other while longing for approval and understanding? And why do they scrutinize each other for reflections of themselves? Tannen answers these and many other questions and examines every aspect of this complex dynamic, offering insights that can help mothers and daughters better understand each other as they struggle to find the right balance between closeness and independence.

The mission of Girls Incorporated of the Island City is to inspire all girls to be **strong, smart and bold**^(SM) through innovative programs, activities and advocacy.

Speaker Event Panel Discussion
Understanding Mother Daughter Dynamics
Date: Wednesday, Feb. 7, 2007
Time: 6:30 pm to 8:30 pm
Location: Girls Inc. 1724 Santa Clara Ave., Alameda
Cost: \$10 for adults, under 18 free
Refreshments and Recommended Book List Included
20% of ALL book sales at this event will go to support Girls Inc.!
Sponsored by Esurance

Mothers and daughters of all ages and those who work with and love them are invited to hear a panel of experts – including mothers and daughters – discuss the intricate and complex dynamics that go on between mothers and daughters. Panelists will start the discussion and will then invite members of the audience to participate in the dialogue with questions and insights of their own.

Dr. Tana Clark, PhD., Moderator, has been a practicing health psychologist for over twenty years. She held a faculty appointment at the New York University School of Medicine, where she developed and implemented an integrated mental health services program for the neurology department epilepsy service. Her teaching experience includes resident physicians, faculty and allied health professionals in various settings such as hospitals, community health centers, industry and California Department of Health. Dr. Clark recently completed a year-long study for the California Health Care Foundation implementing the chronic care model with patients who have poorly controlled diabetes. Dr. Clark maintains a private practice in Marin County California where she specializes in treatment of persons with psychological problems co-existing with health challenges. She has worked successfully with children, families – including mothers and daughters – and individual adults in her general psychology practice as well as her specialty in health psychology in both hospital and private practice settings.

Jacque Ladreshe, MS, M.F.T., Panelist, has been practicing for 30 years and is in private practice in Corte Madera, Calif. She specializes in working with adults – including mothers and daughters - who suffered childhood trauma, grief and loss, Post Traumatic Stress Disorder, chemical dependency and related issues, relationship issues and sexual identity issues. She is Co-chair of the Marin California Association of Marriage and Family Therapists Trauma Response Team and has been working in the field of DMH since 1982.

Heidi Cary, Ph.D., M.F.T., Panelist, received her doctorate degree in clinical psychology at the California School of Professional Psychology, Alameda, in 2000. She received her master's degree in clinical psychology from John F. Kennedy University, Orinda, 1989, and has been licensed in California as a marriage and family therapist (MFC 31824) in a full time private practice in Corte Madera since 1994. She has specialized training in attachment (intimate relationships in childhood and adulthood), divorce adjustment, loss, and crisis, medical hypnosis, and sandplay therapy. In private practice she works with children, families – including mothers and daughters - individual adults, couples, and groups. She is the mother of four daughters.

Arlette Walls, Panelist, works in research operations at Novartis, is a board member at Girls Inc. of the Island City, and is the mother of three Girls Inc. girls – Natasha, who is in college, Jasmine, who is in high school, and Alex, who is in elementary school. Her daughters – who are experts in their “field” – will join her on the panel!

For more information, call Girls Incorporated of the Island City Development & Communications Director Kristin Butler at (510) 521-1743, e-mail her at kbutler@girlsincislandcity.org, or visit www.girlsincislandcity.org.

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