

A VIRTUAL EVENT ON ZOOM — NO COST TO PARTICIPANTS

Join us for

BOOK CLUB

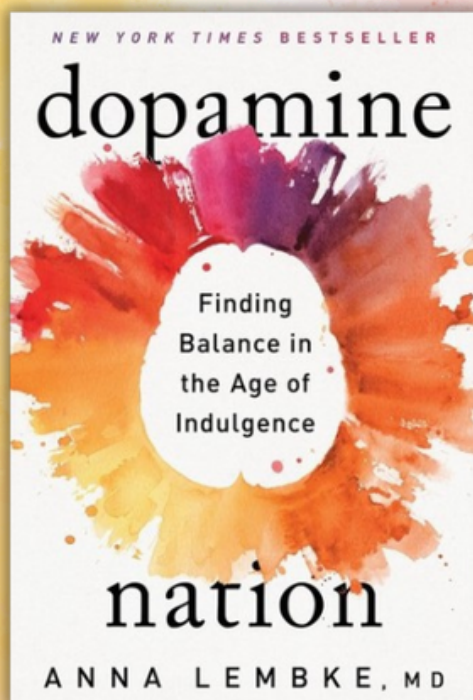
Fridays | Feb 7th & 21st | 4-5PM

FACILITATED BY MERANDA SCHNACK, MS Ed

PLEASE READ
CHAPTERS 1-3
FOR
DISCUSSION



BOOKS ARE
AVAILABLE FOR
SISKIYOU
ATTENDEES!
CALL 530.918.7222



REGISTER HERE
OR CALL
530.918.7222 TO
SIGN-UP OVER
THE PHONE.



Our first featured book is Dopamine Nation, by Anna Lembke, MD. In this book, Dr. Lembke masterfully peels back the layers of addiction and discusses the scientific impacts on our bodies, brains, and hormones with chemicals that are meant to regulate our mood, but in excess actually make us wanting more. She shares stories and science, and also discusses how to not be addicted to that which gets in the way of living life fully. We hope you will join us in our unconventional approach to reading a book as a community — and in taking a deep dive into a book of our community's choice! Meranda Schnack, MS Ed, Instructor in ECE at College of the Siskiyous, will lead the discussion.

ABOUT OUR FACILITATOR —

Meranda Schnack has more than 14 years experience in Early Childhood Education and has led programs that create inclusive, developmentally appropriate environments for children, educators, and families. As a teacher, supervisor, and business owner, she has implemented trauma-informed practices, developed engaging curricula, mentored future ECE professionals, and educated families to support children's growth. Meranda is passionate about equity and community-based support and excels in team building, advocacy, and fostering strong relationships that advance early childhood development.

