



# From Cocoon to Flight

Helping Our Children Safely Emerge

**10:30-11:00 am ET**

**Welcome**

**11:00-11:45 am ET**

**Session 1  
LGBTQ+ Mental Health; LGBTQ+ Adults,  
Adolescents, and Children  
With Mindy Shankman, M.D.**

**12:00-12:45 pm ET  
Session 2A**

**Session 2A  
Controversies in Treating Transgender  
Children and Adolescents  
With Jack Drescher, M.D.**

**12:00-12:45 pm ET  
Session 2B**

**Session 2B  
What Every Parent Needs to Know: Dating,  
Intimacy, and the LGBTQ+ Social Scene  
With Dr. Ann Schechter Stark, Aaron Kogut**

**1:00-1:45 pm ET**

**Brain Food, Good Food  
Enjoy lunch with Jeff Ingber, Owner of Kosher Catch,  
who will talk about staying healthy, eating healthy.  
Jeff will do a gravlax demo along with us.**

**2:00-2:30 pm ET**

**Open forum for various break-out discussions**

**2:30-3:15 pm ET**

**Reduce Stress During Stressful Time: What's in Your  
Toolbox?  
With Bassie Taubes**

**3:15-3:30 pm ET**

**Closing Circle**