



## ***Workshop on Brain Development***

**Who is it for?**

**Parents/Carers of Adolescents** living in the Southern Trust Area

**What does it cover?**

- Early brain and Teenage brain development
- Communicating effectively with teens
- Why risk-taking looks different to an adolescent brain
- Risk taking and friends
- Sensitivity to rejection
- Teenagers and reading faces
- Teenagers and sleep

**When is it on?**

- January 5<sup>th</sup> or 12<sup>th</sup> or 17<sup>th</sup> or 26<sup>th</sup>
- 7pm-9pm via zoom

**How do I apply?**

For further information or to book a place please contact

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Please provide your name, contact number and the age of your adolescent