

***Workshop on Brain Development***

**Who is it for?**

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

(This is not a practitioner’s workshop)

**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 5th or 12th or 19th or 26th
* 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