

## Growing Great Brains during Adolescences

We sometimes think of the adolescent years as a time of challenging behaviours; but an understanding of the changes taking place in the adolescent brain may help you to view these years as a positive step on their journey to adulthood.



### Date

Wednesday 17th May 2017

### Times

7pm start tea/coffee for 7.30pm Presentation

### Venue

Lyttelton Primary School, Oxford St

### Cost

\$5 koha per person, cash taken at the door. All welcome to attend.

## Programme Overview

Adolescence is a period of great opportunity! However, it can also be a time of vulnerability. This evidence based seminar unravels different factors that may influence healthy adolescent brain development and helps you to...

- **Discover** why your adolescent seems to experience their emotions more intensely; why their 'highs' are higher and their 'lows' lower
- **Understand** why they may be drawn to new, exciting and sometimes risky activities; and on the other hand why they want to sleep so much
- **Learn** what may help or hinder their brain development
- **Value** the important role you play in supporting them on this journey

"Thank you for reminding us of the importance of risk taking and that it is by making mistakes that we all learn."  
Parent, Hutt Valley

"The presentation was fantastic, it was like she was talking to me. Her stories just stuck, and it was nice how she didn't tell you how to parent but told you what was happening."  
Mother (Wellington)

