



# The Teen Brain

Wednesday 24th August 2022, 7:30pm - 9:00pm  
Waitaki Girls High School - Oamaru

Waitaki Girls High School is proud to announce that the host of the documentary "All in the Mind", and co-host of the TV Series "The Secret life of Girls", Nathan Wallis, Aotearoa's renowned neuroscience educator, is coming to our community with his talk - Teen Brain.

Covid has put all of us in an unpredictable environment and this has added layers of complexity to an already complex time of life - especially for children and teens already dealing with issues around anxiety and depression. During adolescence parts of the teenage brain are "shut for renovations". This is the part of the brain responsible for regulating the teenager's moods, for understanding consequences, maintaining focus and for thinking about the well-being of others. And the 'teen' years can start as early as 9 and end anywhere from 18 to 32 years of age!

However the good news is that there are clear tips and practices from the research that can help and enhance our teen's ability (and yours) to cope with this tricky time and minimise the stress for everyone. Understanding the changes that are taking place will help you to navigate successfully these important and formative years. Nathan will share strategies with participants to achieve better relationships and better outcomes for the children and teens we work and/or live with!

Tickets are available at [www.eventfinda.co.nz](http://www.eventfinda.co.nz).



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[www.nathanwallis.com](http://www.nathanwallis.com)



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