



PARTNERSHIP *for* AWARENESS

MANAGING STRESS IN THE TEENAGE BRAIN

Why do teenagers act the way they do? Discover the latest cutting-edge science that uncovers take-home tips and strategies to better understand, support, and help the teenage brain. Learn the surprising science of what happens in the developing teenage brain and why the teenage years are a critical time in brain development. Understand the impact of stress and trauma, why certain types of stress should be embraced, and science-based strategies parents and educators can utilize to teach teenagers effective stress management and resilience.



PRESENTED BY
DR. MARC MILSTEIN

**OCTOBER 4:
11AM AT VALENTINE LITTLE THEATRE
7PM AT HMS AUDITORIUM**