MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

FAMILY EDUCATION

The Teenage Brain

Explore how the mind develops and learn to harness the power of your relationship with your adolescent to move your teen toward well-being. Learn how the brain develops across the lifespan and how to find opportunities to help your teen grow a more resilient and integrated brain.

You are invited to join us for a discussion about the power and purpose of the teenage brain, including a DVD from Daniel Siegel MD, the world's leading expert on the meeting of neuroscience, mindfulness, and psychotherapy.

Who should attend?

Caregivers of preteens and teens

Workshops are free!
Refreshments provided
Registration required

Schedule:
Mondays
June 4 & 11, 2018
12:00 pm to 2:00 pm

Will be held at:
Mental Health Association Family Support Services
320 North Goodman Street, Suite 202
Rochester, NY 14607

For more information and to register, call:
(585) 325-3145, ext.150