



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***

**When:**

Thursdays

April 4 & 11, 2019

5:00 pm to 7:00 pm

**Where:**

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