



Southern Health  
and Social Care Trust



## ***Two Hour Session on Brain Development***

**Who is it for?**

**Parents/Carers of Adolescents** living in the Southern Trust Area

**Learning about Teenage Brain Development will support you to understand why:**

- Teenagers feel emotions/anxiety so intensely.
- Teenagers have difficulty reading faces, gestures and emotions of others.
- Why social acceptance and rejection by their peers matters
- Why the conflict with Parents
- Risk taking versus a time to take risks.
- Why their sleep pattern changes.

**When is it on?**

Monday 20<sup>th</sup> February 2023

Evening Session from 7pm-9pm

Via zoom.

**How do I apply?**

For further information or to book a place please contact

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