



Parent Support Services
Society of BC

Parenting Workshop

Navigating the Adolescent Brain & Behaviours

Monday, October 16th - 7 pm - 8:30 pm

Monday, October 23rd - 7 pm - 8:30 pm

For parents or kinship caregiver raising an adolescent 11 to 18 years.

PART 1: Changes in the teen brain

- How the teenage brain differs from the adult brain.
- How these changes influence teen behaviours, moods & decision making.
- The purpose of these changes.

PART 2: Ways to respond

- Examine challenging behaviours
- Tips for parents to navigate through the teen years
- How to lessen the emotional intensity

**Online
Workshop**



**Scan or Click
to Register**

FREE



Registration required to participate in this workshop!

Register now -
2- Part Workshop Oct., 16 & 23

In partnership with:



GOT QUESTIONS?

REACH US AT:

1-877-345-9777 (Toll-Free)
office@parentsupportbc.ca
parentsupportbc.ca

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PSS recognizes and respects all the Indigenous Nations and Traditional Lands & Territories that we Gather, Live, Work and Play on across BC