

Parent Presentation: **Understanding The Teenage Brain**

How can parents best support and meet the needs of their growing, changing adolescents? The teenage brain is different from any other brain in history, presenting many challenges. Discover why the adolescent brain is in turmoil, how to boost its plasticity, how the teen brain learns and works best, plus how to engage and communicate in relevant and practical ways. Learn leading edge, easy to apply ideas from Neuroscience to help unleash the potential of the teenage brain. Acquire skills on how to support them to become healthy, happy, life-long learning adults. The more knowledge parents have about the adolescent brain, the more benefits can be passed on. If you want to help teenagers in today's world, then you need to start with their brain. This high energy, fun, surprising workshop is full of hope and optimism for the future of all teenagers.

This session is appropriate for parents, educators and students from Grade 5 – 12.

Presenter: Gary Anaka, Brain Coach

Gary is a pioneer in Brain Health and Wellness. As a brain coach since 1997, he has presented over 1100 keynotes and workshops to people in all walks of life nationally and internationally.

Date: Monday, October 29

Time: 7:00 – 8:30 p.m.

**Location: Shuswap Lake Room, DESC
341 Shuswap St. SW, Salmon Arm, B.C.)**