

# ‘intheknow’

information + support

## “The Adolescent Brain: Some Key Things to Think About When It Comes to Understanding Young People”

### Join us for a Video Presentation

Adolescence is often a period of emotional ups-and-downs, behaviour and attitude changes, and making new friends as our kids grow from pre-teens into their twenties. This presentation focuses on understanding how the teen brain develops, changes that occur, and how parents can support healthy brain development and physical growth in kids.

### Topic Presenters:

**Dr. Stan Kutcher, Professor, Department of Psychiatry, Dalhousie University**

**Thursday, May 16<sup>th</sup>, 2019**

**6:30pm – 8:30pm**

**Room 136 Coquitlam Public Library, City Centre Branch  
1169 Pinetree Way, Coquitlam  
(free parking on second floor of parkade)**

**FREE OF CHARGE**

Please RSVP by email: [moira.hazlehurst@familysmart.ca](mailto:moira.hazlehurst@familysmart.ca)



‘intheknow’ provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth.

Viewing is available:

Online at:

[www.familysmart.ca/in-the-know](http://www.familysmart.ca/in-the-know)

In person at community sites:

[www.familysmart.ca/events/](http://www.familysmart.ca/events/)

The in person viewing also provides an opportunity for supported conversations.