

SUPPORTING CHILDREN AND YOUNG PEOPLE'S HEALTH AND WELLBEING



FREE Understanding Your Tweenager Workshop

A FREE two-hour workshop on adolescent brain development. The workshop aims to provide an understanding of how the brain changes during adolescence and to explain some of the changes in behaviours that are commonly presented during this life stage. The workshop covers:

- Brain development in teenagers
- Behaviour changes and risk taking
 - Hormones and emotions
 - Teenagers and reading faces
 - Teenagers and sleep
 - Social changes

Visit our website for workshop dates, times, and booking details:

www.northlincsadulteducation.co.uk

Telephone: 01724 297146

Adult Education and Community Learning



**North
Lincolnshire
Council**