



Brainwave[™]
early years last forever
whakamana i te tamaiti

Unravelling the adolescent brain



Adolescent Seminar

Host: Community Conversations @ St Marks
Date: 25th June 2018
Time: 7.30pm
Venue: St Marks Presbyterian Church Community Centre
150 Withells Rd, Avonhead, Christchurch
RSVP: To Community Conversations @ St Marks by 22 June
2018, Phone 03 358 5443 (9am -12noon work days) or
Email: stmarks.communityconversations@gmail.com
Cost: \$10 entry

Seminar Content

In this seminar our content will cover:

- Adolescence is a time of transition from childhood to adulthood that involves intellectual, physical, social, emotional and hormonal changes
- Recognising and enhancing adolescents' strengths
- The important role of parents and other adults in providing guidance and support through this transition
- The increased importance of peers
- Positive and negative aspects of risk-taking
- Changes in sleep patterns
- Exploring the potential influence of alcohol use
- Benefits and risks associated with social media use

About Brainwave

Every childhood matters. That's why we speak up about the importance of brain development in the early years. Brainwave's vision is that all children in Aotearoa New Zealand are valued and nurtured so they can reach their full potential.

