



## Online Workshops

These workshops are aimed at supporting young people and parents/carers of young people in secondary school.

### Understanding Your Amazing Teenage Brain

Tuesday 13th August 5.30-7.30pm

Parents/carers and young people are invited to a workshop **Understanding Your Teenage Brain**. It will help you to understand **your amazing brains** and **the changes that come with adolescence**. We will also discuss **strategies that you can use** to improve communication and understanding between you and to regulate emotions.

If you would like to join, please **ctrl + click link below or by entering the Meeting ID and Passcode within Teams**:

[Join the meeting now](#)

Meeting ID: 382 499 992 624

Passcode: vFunoM

You do not need an account to join. You will need access to the internet. If you have any questions, please speak with your school. If you require materials in another language or have any other access needs then please email:

[EWTanESTenquiries@nelft.nhs.uk](mailto:EWTanESTenquiries@nelft.nhs.uk)

**We look forward to meeting you!**

