

SUPPORTING CHILDREN AND YOUNG PEOPLE'S HEALTH AND WELLBEING



FREE Understanding Your Teenager Workshop

Workshops are suitable for parents and professionals of children aged between 10-16 years old and will be held on:

Thursday 26th January 2023
1:00pm – 3:00pm
Venue: Ashby Community Hub,
Scunthorpe
DN16 2UT

Come and join us online for 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 will cover:

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

Adult Education and Community Learning

TO BOOK YOUR PLACE OR FOR MORE INFORMATION

Visit our website

www.northlincsadulteducation.co.uk

Telephone

01724 297146

E-mail

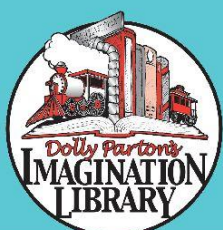
nlacl.enquiries@northlincs.gov.uk

Terms & Conditions

Places are limited, please book ASAP to avoid disappointment.

This course has been provided to your school for free, but this has been funded by NLC Adult Education, Community & Family Learning

Courses are FREE subject to completion of our enrolment form and evaluation form.



**North
Lincolnshire
Council**