

# FREE Workshop Series



## THE ADOLESCENT BRAIN: A HOW-TO GUIDE FOR PARENTS & TEACHERS

### FREE DINNER & CHILDCARE INCLUDED

This workshop series taught by counselor, Karen Dudgeon, LCSW, is for any adult with an adolescent in their lives. Participants will receive a free copy of the book, Brainstorm: The Power and Purpose of the Teenage Brain, by attending any individual session, but we hope you attend all five. Pre-registration strongly encouraged.

**5:00-5:30pm: Light dinner for participants and their children**

**5:30-7:30pm: Workshop**

**1**

**February 27**

**HOMER INTERMEDIATE  
SCHOOL - AUDITORIUM**

*Understanding Your Pre-Teen /  
Teenager*

- Brains (what is going on up there)
- Bodies (what is happening there?)
- Benefits and Challenges
- Risks and Rewards
- Pushing Away

**2**

**March 5**

**HOMER INTERMEDIATE  
SCHOOL - AUDITORIUM**

*The Many Pressures Facing  
Today's Kids Part I*

- Perfectionism
- School

**3**

**March 12**

**HOMER INTERMEDIATE  
SCHOOL - AUDITORIUM**

*The Many Pressures Facing  
Today's Kids Part II*

- Mental Health Challenges
- Technology

**4**

**March 19**

**CORTLAND JUNIOR SENIOR  
HIGH SCHOOL - LGI ROOM**

*The Many Pressures Facing  
Today's Kids Part III*

Relationships:

- Parents & Caregivers
- Peers
- Substances
- Romance & First Love
- Sex / Hook-Up Culture
- LGBTQI / Gender

**5**

**March 26**

**CORTLAND JUNIOR SENIOR  
HIGH SCHOOL - LGI ROOM**

*Care and Feeding of Healthy  
Pre-Teens / Teens*

- Simple 7
- M/We
- Identity
- Play