

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*

2

March 5

**HOMER INTERMEDIATE
SCHOOL - AUDITORIUM**

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

3

March 12

**HOMER INTERMEDIATE
SCHOOL - AUDITORIUM**

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

4

March 19

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

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

5

March 26

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

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

CARE COMPASS
NETWORK

Sponsored by Care Compass Network and Seven Valleys Health Coalition.



For more info or to register:

(607) 756-4198

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