



Rocky River City School District Town Hall Series presents
Mindfulness and the Teenage Brain
with Kristen Race, Ph.D., author of *Mindful Parenting*

What:	A community presentation
Date:	Monday, October 16, 2017
Time:	7:00pm
Place:	Rocky River High School Auditorium
Cost:	Entry is free. The donation of a canned good benefitting the Rocky River Assistance Program (RRAP) is appreciated.

Mindfulness and the Teenage Brain

From the demands of modern society to the price of perfectionism, teens are experiencing higher levels of stress than any other generation on record. And we, as parents, are feeling the brunt of it as well. This presentation includes a brief overview of the neuroscience of stress and emphasizes the need for parents to focus on their own well-being. Dr. Kristen Race explores the unique stressors that today's teens face, introduces brain-based, practical tools for understanding teens, and offers families simple strategies to build resilience and experience more joy during these challenging years.

- **The Neuroscience of Stress-** How the stress response in the brain affects all of us, and ways we can help our teens build resilience to common stressors
- **Put on Your Oxygen Mask First** – How we, as parents, influence the stress levels in the household and some tools to make our lives calmer
- **Teen Brain Development** – The latest research on the teen brain and how many of their most exasperating traits are also essential to their success as adults
- **Anxiety & Perfectionism**– Simple tools and practices to combat anxiety and perfectionism in teens and adults
- **Family Adventures & Rituals** - How to create family adventures in order to foster healthy connections and happiness

Visit Barnes and Nobel in Crocker Park to purchase your copy of *Mindful Parenting*
198 Crocker Park Blvd.
Westlake, OH 44145
or purchase a copy at RRHS the evening of the event!