

THE BRAINSTORM PARENT SERIES

THE *NEW YORK TIMES* BESTSELLER

AN INSIDE-OUT GUIDE TO THE EMERGING

ADOLESCENT MIND, AGES 12-24

BRAINSTORM

THE POWER AND PURPOSE
OF THE TEENAGE BRAIN

DANIEL J. SIEGEL, M.D.

bestselling author of *The Whole-Brain Child*
and *Parenting from the Inside Out*

For parents & caregivers
of tweens and teens

Based on the book

BRAINSTORM

by Dr. Daniel J. Siegel

Together we will:

- Bust myths ●
- Understand the brain ●
- Make sense of behaviour ●
- Learn practical tools ●

5 online sessions



Wednesdays

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12:00 - 1:00 PM



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