

# ‘intheknow’

information + support

## “A Celebration of the Adolescent Brain”

### Join us for a Video Presentation

Adolescence is a time of changing attitudes, behaviours and emotions for children and youth. This presentation looks at understanding the reasons why these brain-related changes occurring, how it influences personality changes, and what parents can do about it to support their kids.

### Topic Presenters:

**Dr. Carol-Ann Saari, Child and Adolescent Psychiatrist**

**Wednesday, October 9<sup>th</sup>, 2019**

**6:00pm – 8:00pm**

**South Fort George Family Resource Centre**

**1200 LaSalle Ave.**

**Prince George, BC V2L 4J8**

*Please enter the room via the door on the left side of the building, not the main entrance.*

### FREE OF CHARGE

Please RSVP by email: [kathy.buhler@familysmart.ca](mailto:kathy.buhler@familysmart.ca)



‘intheknow’ provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth.

Viewing is available:

Online at:

[www.familysmart.ca/in-the-know](http://www.familysmart.ca/in-the-know)

In person at community sites:

[www.familysmart.ca/events/](http://www.familysmart.ca/events/)

The in person viewing also provides an opportunity for supported conversations.