

# The teenage brain

An Emotional Wellbeing Workshop for Parents

20<sup>th</sup> November 2025 at 15:30  
at West Moors Middle School

The Mental Health Support Team in School for North and East Dorset will be running a 60 minute session on 'The Teenage Brain'.

This introductory workshop is designed for parent/carers to learn about the changes that happen in their child's brain during adolescence, how this can effect young people's behaviour, and learn some tools and techniques that they can use to support their young people during this time

visit our website for more info  
[bit.ly/dorset\\_mhst](https://bit.ly/dorset_mhst)

get access to our resources




Take a look at our social media channels for more ideas, tips and activities to keep you busy and feeling good.



  
 @DORSETMHST


 Dorset Mental Health Support Team in Schools


 NHS  
 Dorset HealthCare University  
 NHS Foundation Trust

For further information, please contact your child's school.

## HELPLINES

|                |   |                                  |
|----------------|---|----------------------------------|
| childline      | → | Call 0800 1111<br>Open 24/7      |
| shout<br>85258 | → | Text Shout to 85258<br>Open 24/7 |
| SAMARITANS     | → | Call 116 123<br>Open 24/7        |
| connection     | → | Call 0800 652 0190<br>Open 24/7  |