

# MHST: INTRODUCTION TO THE TEENAGE BRAIN

Join the Dorset Mental Health Support Team for Schools online for an insightful webinar exploring the fascinating changes that occur in the teenage brain.

We'll delve into key areas of brain development and discuss how these changes impact behaviour, thinking, and relationships during adolescence.

The session will also offer practical, evidence-based strategies that parents and carers can use to support their teens through this critical stage of growth.

Whether you're navigating mood swings, risk-taking, or communication challenges, this webinar will equip you with tools to foster connection and resilience.

Watch the recording now:

<https://forms.office.com/e/Hsz2E07hjL>



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