Visyon Parent Webinar – Understanding the Teenage Brain
Watch Again

Our series of Parent Webinars are intended for you to find out information and gain practical ideas to support your children and young people with their mental health and wellbeing. The session on **Understanding the Teenage Brain** looks at the significant changes that happen in the brain during the adolescent years and the impact this has on thoughts, feelings and behaviour. We hope to give an insight into your teenager's world and some ideas to help communication during these years.

They are open to parents/carers living in Cheshire East and last for around 45 minutes. The webinars take place fortnightly on a Wednesday or Thursday morning (please see the website for links to book on these) If you have missed the live webinar or would like to recap then ***please follow the link*** below which will allow you to register to watch the recorded sessions.

Understanding the Teenage Brain Recording Link:

https://us02web.zoom.us/rec/share/dKBvVcKwWscptiE3M_yfQllcQP8hKCuczuCNjHblDO4iR0_sZ0jtsUtp6sw5o4c.GWL7BN_IQf63l2SU?startTime=1614249167000

We would really appreciate you also completing a **short survey** to help us improve what we offer, and also to demonstrate the importance of webinars to current and future funders.

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To find out more about ways in which you can support your child/family with their mental health please visit www.visyon.org.uk or you might find the following links useful:

www.youngminds.co.uk

CAMHS Resources (mymind.org.uk)

On My Mind | Resources for Young People | Anna Freud Centre