



Please join
psychologist and award winning author

Dr. Jeffrey Bernstein

Presenting

Tools for Taming Teen Brains

Dr. Bernstein will share high impact tools for dealing with the greatest demands on our children/teens.

With over 30 years of clinical experience and author of seven books including *The Stress Survival Guide For Teens*, and soon to be released *The Anxiety, Depression & Anger Toolbox for Teens*.

Scheduling
Demands

Anxiety
and Stress

Academic
Expectations
and Test Anxiety

Confidence
and
Self-esteem

Friend Drama
and
Peer Pressure

Wednesday, April 29, 2020 6:30-8pm

Henderson HS Auditorium

400 Montgomery Avenue, WC

visit www.wcasd.net for more information