

## Workshop

# Understanding the Amazing Teenage Brain

18/05/2026 18:00—20:00pm

\*Workshop  
timings  
change from  
term to

Parents/carers and young people are invited to a workshop **Understanding Your Teenage Brain**. It will help you to understand **your amazing brains** and **the changes that come with adolescence**. We will also discuss **strategies that you can use** to improve communication and understanding between you and to regulate emotions.

If you would like to join, please **ctrl + click link below** or by **entering the Meeting ID and Passcode within Teams**:

[Understanding The Amazing Teenage Brain | Meeting-Join | Microsoft Teams](#)

You do not need an account to join. You will need access to the internet. If you have any questions, please speak with your school. If you require materials in another language or have any other access needs then please email:

[EWTanESTenquiries@nelft.nhs.uk](mailto:EWTanESTenquiries@nelft.nhs.uk)

We look forward to meeting you



EMOTIONAL WELLBEING TEAM KENT  
EMOTIONAL SUPPORT TEAM  
MEDWAY