

Workshop

Understanding the Amazing Teenage Brain

29/09/2026 18:00pm—20:00pm

***Workshop
timings
change from
term to
term**

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 | Join meeting in Teams | 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: **kmmh.ewtandestenquiries@nhs.net**

We look forward to meeting you



Emotional Wellbeing team Kent
Emotional Support team Medway