

Understanding The Teenage Brain presented by Gary Anaka



Comox Valley District Parent Advisory Council (DPAC) is proud to present Gary Anaka speaking about "Understanding The Teenage Brain". The presentation will be held on Wednesday, February 10 from 7:00 pm to 8:30 pm in the Multi-Purpose room at Mark Isfeld Secondary School. Admission is free with donations to the Food Bank accepted at the door. The topic is relevant to parents of children from Grade 4 to 12.

How can teachers and parents best support and meet the needs of growing, changing adolescents? The teenage brain is different from any other brain in history, presenting many challenges. Discover why the adolescent brain is in turmoil, how to boost its plasticity, how the teen brain learns and works best, plus how to engage and communicate in relevant and practical ways. Learn leading edge, easy to apply ideas from Neuroscience to help unleash the potential of the teenage brain. Acquire skills on how to support them to become healthy, happy, life-long learning adults. If you want to help teenagers in today's world, then you need to start with their brain. This high energy, fun, surprising presentation is full of hope and optimism for the future of all teenagers.

Gary Anaka is a Brain-based Learning Facilitator with over 34 years of teaching experience in the public school system. He has been presenting motivational keynotes and workshops in the new field of Applied Educational Neuroscience since 1997 to tens of thousands of educators, parents, students, professionals and the general public across Canada. His sessions offer genuine practical help for everyone and he believes in wellness through education to support healthy living for people of all ages. He is well-known for his high energy, fun and totally engaging sessions and is the author of two books- Brain Wellness The Secrets for Longevity and Your Magical Brain How It Learns Best. The scope of his work can be viewed at www.braincoach.ca.

February, 10th, 2016.

I, Juanita Phillips-Bell
attended this information
evening.



Juanita Phillips-Bell.