



LEARN GROW THRIVE



A Project Cornerstone Workshop with Morgan Hill Unified School District

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Meet Your Adolescent’s Brain Wednesday, September 10, 2025

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Understand The “Tween and Teen” Brain:

Join Our Parent Workshop!

Find out what’s happening in your kids’ brain during the “tween and teen” years & how to navigate this critical stage, in our workshop, “Meet Your Adolescent’s Brain”.

In this workshop, you’ll learn:

- Key developments during the tween & teen stage
- The effects of drugs, technology, and sleep on your kid’s brain
- Practical tips for supporting, interacting, and connecting with middle & high schoolers
- Gain the knowledge and tools to better understand and support your kid during this impactful time.

Sign up today to help your tween thrive!

Who’s Invited:

All parents, guardians and caring adults of children in Morgan Hill Unified School District.

Time: 5:30pm – 7:00pm

Location: Zoom

Cost: Free

Sponsored by:

Morgan Hill Unified School District

Contact:

workshops@projectcornerstone.org

**SCAN THE CODE
TO REGISTER:**

tinyurl.com/MHUSD-PC



**This workshop is available in Spanish.
Este taller está disponible en español.**