



LEARN CONNECT THRIVE

A Parent Workshop with YMCA Project Cornerstone and Saratoga Union School District

FREE

Meet Your Adolescent's Brain

Tuesday, October 27, 2026

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 child's brain
- ✓ Practical tips for supporting, interacting, and connecting with your student

Gain the knowledge and tools to better understand and support your child during this impactful time.

Sign up today to help your child thrive!

When:

9am - 10:30am

Where:

**Redwood Middle School
Library**

13925 Fruitvale Avenue
Saratoga, CA 95070

Who:

Parents, guardians, and caring adults of children in Saratoga Union School District.

Sponsored by:

Saratoga Union School District

REGISTER TODAY

tinyurl.com/SaratogaUSD-26

For more information, contact
workshops@projectcornerstone.org



**"I now have an understanding
of adolescent behaviors.
A lot of "whys" have been
answered."**

PARENT PARTICIPANT



**In partnership with Saratoga
Education Foundation**

YMCA PROJECT CORNERSTONE projectcornerstone.org