

# THE TEENAGE BRAIN STILL UNDER CONSTRUCTION:

## PARENT AND TEEN STRATEGIES TO BUILD A SOLID FOUNDATION

FOCUS *Honors* National Substance Abuse Prevention Month by offering separate but coordinated workshops for teens and their caregivers. All participants will learn about the impact of substances on the developing teen brain along with prevention strategies. This workshop has been specifically designed to help strengthen the relationship between Teens and their Caregivers.

- Open to All Military Teens (ages 11+) and their Caregivers
- Food and Refreshments Will Be Provided

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Thursday

17 Oct

6:00pm-7:30pm

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RSVP by 14 October 2013

FOCUS Norfolk and NSW/EOD East

757-962-4470

NSWEast@focusproject.org

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LOCATION

JEB Little Creek

Chapel Annex

1160 D Street

Virginia Beach, VA 23459

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**The FOCUS Program** • FOCUS (Families OverComing Under Stress) is a resiliency building program of the Navy Bureau of Medicine and Surgery (BUMED). The FOCUS program is designed for military families, couples and children facing ongoing stress and change. FOCUS promotes family strengths and supports families and children to help manage the challenges of military life. • [www.focusproject.org](http://www.focusproject.org)

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