

## **AN EDUCATION SERIES AT THE MANHASSET PUBLIC LIBRARY**

*Providing parents & caregivers with the skills, insight and knowledge they need to raise healthy and responsible youth in today's world.*

### • **Alcohol/Marijuana's Effect on the TEEN BRAIN**

**Thursday, January 26, 2017**

**7:30PM**

Back by popular parent demand, Dr. Stephen Dewey will discuss how the teen brain is affected by underage drinking and marijuana. Dewey is an Investigator at the Center for Behavioral & Molecular Imaging at the Feinstein Institute for Medical Research at Northwell Health. He simply shows parents and teens what he sees everyday through his research.

### • **Stress & Screens: How to Thrive, Not Just Survive**

**Tuesday, March 14, 2017**

**7:30PM**

*Snow date: Wednesday, March 29th*

Are your kids addicted to their devices? Are you worried about the short and long term effects of this technology? Edward Hallowell, M.D., child/adult psychiatrist and author will address the effects our 24/7 techno world has on teens and young adults - combined with academic, family peer, and extra curricular stress. Dr. Hallowell has been frequently featured on 20/20, Oprah, 60 Minutes, CNN, PBS, NPR, and in Newsweek and the New York Times.

### • **You Want to Do What with Who & Where? AKA: Surviving the Teen Years**

**Wednesday, April 19, 2017 10:30AM & 7:00PM**

Kim Fanter Cross, Manhasset's Favorite Parent Educator, addresses why teenagers do what they do and how to gently guide them toward responsible independence. Discussion will focus on the four areas of control necessary to have as the parent of a teenager in order to move from loving control to loving autonomy.

**1:00PM Special Program - for parents of tweens transitioning to middle school. More details to follow!**

## **Teen Brain**



## **REGISTRATION REQUIRED**

Go to [manhassetlibrary.org](http://manhassetlibrary.org) or [manhassetcasa.org](http://manhassetcasa.org) & click [SignUpGenius Link!](#)

**WORKING TOGETHER TO STRENGTHEN FAMILIES & HELP KIDS GROW UP TO BE HEALTHY & SAFE**

