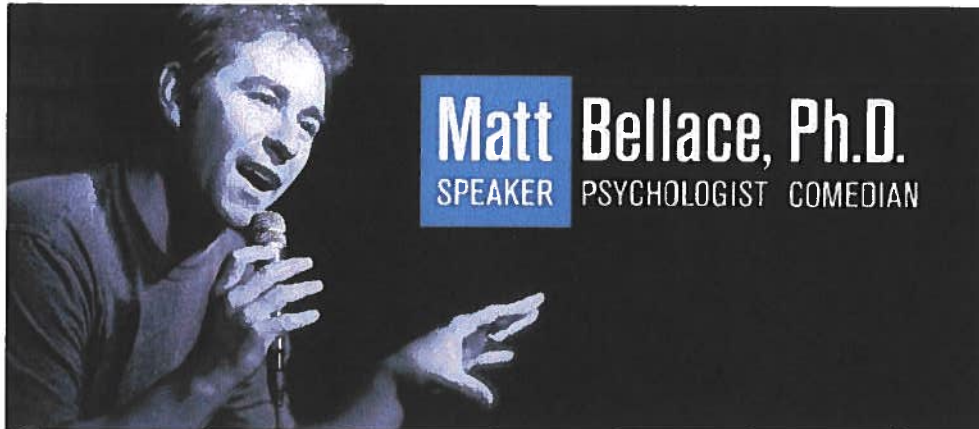


# Supporting Teens in Reducing Their Stress and in Making Healthy Choices



**Nationally renowned clinical psychologist and stand-up comedian, Dr. Bellace uses humor to convey his very powerful message – we need to support young people in both words and actions if we want them to make healthy choices for themselves.**

**This program will focus on the following topics:  
Resilience ~ Substance Abuse Prevention ~ Stress Reduction ~  
Adolescent Brain Development**

**Thursday, March 5, 2020**

**7:00 - 8:00pm**

**Litchfield Intermediate School  
Auditorium**

*Light refreshments  
will be served*

*Free and open  
to the public*

**Participants will gain a better understanding of:**

- \* how to more effectively communicate with teens around sensitive issues
- \* adolescent brain development
- \* how screen time, sleep deprivation and substance use can impact mental health
- \* the science behind healthy coping mechanisms, such as positive social support, meditation, exercise and other natural highs

