

Adolescent Hormones and Brain Changes

Hormones!

Other than human DNA, there is perhaps no other biological component that is so impactful on human behavior than hormones. Sex hormones are present before birth and distinguish a male brain from a female brain in utero. Sex hormones surge, fluctuate, and wane throughout the lifespan. As our children are pushed through the pubescent gate, we are expecting the changes in their body and perhaps even their mood.

What we are likely not aware of is that puberty is not just about hormones! It is a time of major reconstruction in the brain. These brain changes, plus the hormonal changes, represent a major biological event in every human being. It is not surprising that the teen and the parent become overwhelmed. The parenting books do not cover the brain changes and the corresponding teen behavior that may have been attributed to just hormones.

Dr. Johnson and Stacy Hoag will present a lecture and follow-up discussion on how to distinguish whether your child will require extra support and offer parenting strategies for their transition

Presenters



Dr. Beth Johnson is the clinical director and founder of Lakefront Wellness Center. She oversees 13 clinicians and has a breadth of experience treating individuals, couples and families.

Stacy Hoag is a Licensed Professional Counselor with a unique background as a nanny which aids her work with parents, children, and adolescents.



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May 14, 2014
6pm**

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Admission is FREE

Open to the Public

**Space is Limited
Please call to reserve
your seat!**