

Council Rock's
Raising Great Kids

Community Speaker Series 2017-2018

Mark your calendars & learn from experts about topical issues facing our youth & community.

**Crazy-Stressed:
Saving Today's Overwhelmed Kids with Love,
Laughter, and the Science of Resilience**

Over the past five decades confirmed levels of anxiety and depression among adolescents have increased **400%**

This dynamic and entertaining 2-hour program from Dr. Michael J. Bradley:

- ▶ Explains the neurology of the teen brain, focusing upon its decision-making deficits, resilience challenges and unprecedented vulnerability to anxiety and depression.
- ▶ Compares today's adolescent world with that of its parents, revealing critical parenting factors that have contributed to this risk-laden trend.
- ▶ Reviews the latest teen risk behaviors of sex, drugs, and violence, which relate to their excessive stress levels.
- ▶ Shares research proving that an appropriate "dose" of stress *protects* against the diseases of anxiety and depression.
- ▶ Offers a set of specific resilience-building parenting strategies, or "what to do when."
- ▶ Allows for extensive audience Q&A.

Wednesday, October 18 at 7 PM

Council Rock South Auditorium



Michael J. Bradley, a licensed clinical psychologist with a doctoral degree in psychology from Temple University, has over 30 years of experience working with adolescents. In addition, he is the award-winning author of four books including the bestselling *Yes, Your Teen Is Crazy! – Loving Your Kid Without Losing Your Mind*. A fifth book, *Crazy-Stressed: Saving Today's Overwhelmed Teens with Love, Laughter, and the Science of Resilience*, is slated for release in 2017. Professional memberships include American Psychological Association; Pennsylvania Psychological Association; and American College of Forensic Examiners. He is also certified by the American Psychological Association College of Professional Psychology for the Treatment of Psychoactive Substance Use Disorders (APA-CPP). His own on-going training qualifies him to offer continuing education units (CEU's) at the seminars he conducts for professionals. Find out more at www.doctormikebradley.com

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