

SO GOOD... WE'RE BRINGING HIM BACK!

Crazy-Stressed:

Saving Today's Overwhelmed Teens 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 program from Dr. Michael J. Bradley:

- ◆ Compares today's adolescent world with that of our generation, revealing how some parenting tactics can make matters worse.
- ◆ Explains the neurology of the teen brain, its decision-making deficits and vulnerability to anxiety and depression.
- ◆ Reviews the latest teen risk behaviors related to sex, drugs, and violence.
- ◆ Offers specific resilience-building parenting tools: "what to do when."
- ◆ Shows how strong parents can build healthy relationships with their teens.
- ◆ Allows for extensive audience Q&A.



BACK BY POPULAR DEMAND!

Michael J Bradley is a licensed clinical psychologist with a doctoral degree in psychology and over 30 years of experience with adolescents.

He has authored five books including the bestselling "Yes, Your Teen Is Crazy!"

Featured by CNN, Today, Good Morning America, Fox News and NPR.

**Ridge HS PAC, Jan 31st, 7pm for HS parents
Bernards HS PAC, Feb 1st, 7pm for MS parents**

A collaboration of **Community in Crisis, Bernards Twp. Municipal Alliance**, the PTOs & HSAs of **Bernards HS & MS, Ridge HS, William Annin MS, & Bedminster School.**

We expect a great turnout both nights - please allow sufficient time to park. See you there!