

# CRAZY STRESSED:

Saving Today's Overwhelmed Teens with Love,  
Laughter, and the Science of Resilience

Presented by:

**Dr. Michael Bradley**



Michael J. Bradley is a licensed clinical psychologist with a doctoral degree in psychology and over 30 years of experience with adolescents. Renowned author of **“Yes, Your Teen is Crazy.”** Dr Bradley has been featured on CNN, Today, Good Morning America, Fox news, and NPR.

His current best seller **“Crazy Stressed”** will be available for purchase and signing at the beginning of the presentation for \$15.00. (first come, first served basis)

## **This not to be missed presentation will:**

- Compare today's adolescent world with that of our generation, revealing how some parenting tactics can make matters worse.
- Explain the neurology of the teen brain, its decision making deficits and vulnerability to anxiety and depression.
- Offer specific resilience-building parenting tools: “what to do when.”
- Explain how parents can build a strong relationship with their teens.
- Allow time for extensive Q & A.

***(This program is most appropriate for parents of middle and high school students)***

**When: March 14, 2019 @ 7:00 pm**

**Where: Chatham High School Auditorium**

**Sponsored by - CHS PTO, CMS PTO, CEA**

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