**Weathering the storms of strong teen emotions: do’s, don’ts and when to consider talking to someone**

Date: Monday 21st November

Time: 12-1pm

Venue: Virtual via Zoom

Adolescence inherently consists of many storms that parents, families, and young people have to weather, many of which are driven by an intensity of emotions that is unique to this developmental stage. Teenagers grapple with their own identity, their social relationships, and their need for autonomy, and in turn parents face the challenge of being left out, managing their own reactions to strong teen emotions, and finding different ways of connecting with their teens. This webinar will provide an overview of the changes adolescents go through, why teenagers experience such strong emotional fluctuations and how these are linked to processes in the brain. It will offer ideas on how to support teenager with their strong feelings and what to best avoid. Lastly, the webinar will discuss the difference between normal emotional difficulties in adolescence and issues that may need additional support. Places on this webinar won’t be limited and there will be an opportunity to ask questions at the end.

***Register in advance for this meeting:***

<https://annafreud.zoom.us/meeting/register/tJAlfuyhqj8vE9WohsO1dpEM4foBbSlVFBNl>

*After registering, you will receive a confirmation email containing information about joining the meeting.*