



April 15

at *The Oasis in Kanata*

*A place for caregivers of
people with mental illness*

Understanding the Teenage Brain

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata
Monday, April 15, 7pm
Free. All welcome.**

Parents of children who develop mental illness often tend to notice the first symptoms that "*something's not quite right*" as their children enter their teenage years. During this phase of brain development, adolescents are particularly vulnerable to serious psychiatric disorders, such as schizophrenia, depression, and drug addiction. Dr. Gretchen Conrad of The Royal Ottawa Mental Health Centre will explore how parents and caregivers can best help their children through this critical transitional phase . . . while maintaining *their own* mental health.