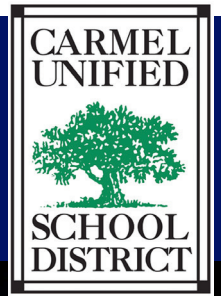




PARTNERSHIP FOR PUBLIC SERVICE: Together offering community programs and resources relevant to parenting and educating children and teenagers



Dr. Adriana Galván

Insight into the Teenage Brain: *The Neurobiology Underlying Characteristic Teenage Behavior*



Running Time:

Approximately 60 minutes

Seating

First-come, first-served!

Doors open at 6:00 pm.

Questions? Call Carmel Public Library Foundation (831) 624-2811

PARENT & TEACHER LECTURE SERIES **Tues, Sept 5th at 6:30 pm**

Carmel High School Performing Art Center

3600 Ocean Ave, at the intersection of Highway 1 & Ocean Ave in Carmel

Life is stressful for today's teens who report they experience stress in patterns similar to adults, and during the school year report stress levels even higher than those reported by adults. **Dr. Adriana Galván** discusses the neurobiology underlying characteristic teenage behavior, with an emphasis on the effects of stress and sleep deprivation. She will present her most recent findings, and describe how to better help adolescents navigate the challenging transition from childhood to adulthood from a neurobiological research perspective.



Adriana Galván, PhD. serves as the Director and Principal Investigator of the Developmental Neuroscience Laboratory with an expertise in adolescent brain development. Dr. Galvan is an Associate Professor in the Department of Psychology and Brain Research Institute at the University of California, Los Angeles.

(831) 624-2811 or www.carmelpubliclibraryfoundation.org

Contributions welcome at the door. Proceeds to help fund future programs.