



The Stress of Parenting

A Look at Mental Health in
Adolescences

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**January 31, 2018
6:00–7:30 p.m.**

**Brooklyn Center Community Center
Constitution Hall
6301 Shingle Creek Pkwy
Brooklyn Center, MN 55430**

This workshop will explore the link between trauma and toxic stress of urban youth and the challenges to their constructive development. We will explore the experiences, beliefs and behaviors of urban youth as it relates to trauma and toxic stress. We will discuss how to help youth progress in practical, culturally sensitive, trauma informed, and outcome focused ways.

Attendees will learn how to:

- Identify and describe adverse childhood experiences; the effects of trauma and toxic stress (i.e. biological, physiological, social, emotional); brain development and the findings of the Adverse Childhood Experiences (ACE) study.
- Identify and describe adaptive response(s) to environmental circumstances and toxic stress for both adolescences and parents.
- Understand the importance of being aware of personal perceptions and beliefs so not to add to the trauma.

Note: Attendees will also help the Brooklyn Center School District and the City of Brooklyn Center identify next steps

Space is limited, please RSVP to Mauld2@brookcntr.k12.mn.us



This is a joint community engagement effort between the Brooklyn Center Community Schools and the City of Brooklyn Center

