



Natural Highs: Supporting Teens in Making Healthy Choices

Presented by:

Matt Bellace, Ph. D.

Psychologist & Comedian



Free Parent Event

Tuesday, February 21, 2017

7:00 p.m.

Holy Cross Cafetorium—1085 Woodbine Road,
Kingston

All are welcome.

As a clinical psychologist and stand-up comedian, Dr. Bellace uses humor to convey his powerful message: **we need to support young people if we want them to make healthy choices.**

Participants will:

- Learn how to effectively communicate with teens about sensitive issues.
- Understand the teen brain and the impact of substance use on brain development.
- Learn the science behind healthy coping mechanisms and 'natural highs'.

“*It's not enough to ask young people to stay away from drugs and alcohol. We need to show them there are positive things they can do for themselves and others.*”

