

# THRIVE

Tweens + Teens | Hormones | Relationship with parents |  
Identity | Values | Empowerment

## EVENT DETAILS

Join us at the JPPI Center on  
Sunday, March 30th  
2-4:30pm

### A BEGINNER'S LOOK AT:

- the anatomy and physiology of puberty and fertility
- neurological and hormonal changes that occur to our brains during puberty
- healthy coping strategies for the stresses and mood changes that pop up during the teenage years
- what it means to be masculine/feminine in our world today and more!

*Register here!*



WE WILL HOLD BOYS/GIRLS SESSIONS SEPARATELY TO SENSITIVELY ADDRESS THESE TOPICS IN THEIR MOST MASCULINE AND FEMININE WAYS. THIS IS A GREAT OPPORTUNITY FOR YOUR CHILDREN TO LEARN FROM MEDICAL PROFESSIONALS, BUT IS ALSO A GREAT REVIEW FOR MOMS AND DADS SO THEY ARE READY FOR ALL THOSE DIFFICULT QUESTIONS THAT INEVITABLY COME UP AND WILL OFFER PLENTY OF TIME FOR Q&A AS WELL AS MOM-DAUGHTER/FATHER-SON CONVERSATION/BONDING.

PLEASE EMAIL [CAITLINBURNETT@BELLAWELLNESS.ORG](mailto:CAITLINBURNETT@BELLAWELLNESS.ORG) WITH ANY QUESTIONS, REGISTER AT [HTTPS://BELLAHEALTHWELLNESS.AS.ME/THRIVE-JPII](https://bellahealthwellness.as.me/thrive-jpii), OR USE QR CODE ABOVE!