



OCT 6TH, 2021 @ 7:30 PM
MATT BELLACE, PH.D.
**SUPPORTING TEENS IN REDUCING
THEIR STRESS (AND OURS)**

Clinical psychologist and stand-up comedian Dr. Matt Bellace uses humor to convey his message: *"we need to support young people with both words and actions if we want them to make healthy choices."*

In this interactive and entertaining program, participants will gain a better understanding of:

- adolescent brain development and compassion
- how to communicate with teens more effectively around sensitive issues
- how screen time, sleep deprivation and substance use can impact mental health
- the science behind healthy coping mechanisms, such as positive social support, meditation, exercise and other "natural highs"



**SUPPORTING TEENS
IN REDUCING
STRESS**

**RAMSEY SCHOOL
DISTRICT PARENT
ACADEMY**

**PSYCHOLOGIST &
COMEDIAN
DR. MATT BELLACE**

**BROUGHT TO YOU
BY THE RAMSEY
MUNICIPAL
ALLIANCE**

VISIT
WWW.MATTBELLACE.COM
FOR MORE INFO

RAMSEY HIGH SCHOOL

Auditorium
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Register today:
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