

**Live Webinar: SEPT 22, 2026**

0900 PT | 1000 MT/SK | 1100 CT | 1200 ET | 1300 AT

# Inside the Adolescent Brain



## OBJECTIVES:

Dr Jean Clinton MD FRCP(C)

- 1 Describe key aspects of adolescent brain development and explain how changes in neurobiology influence behaviour, decision-making, emotional regulation, and relationships.
- 2 Recognize the difference between typical adolescent development and signs of emerging mental health concerns, supporting earlier identification and intervention when needed.
- 3 Understand the role of relationships, belonging, and co-regulation in promoting adolescent mental health, resilience, and healthy development.
- 4 Examine the impact of digital technologies and social media on adolescent well-being, including their influence on sleep, attention, identity formation, peer relationships, and emotional health.
- 5 Apply brain-informed and relationship-based approaches to support adolescents in clinical, educational, community, and family settings.

### INSIDE THE ADOLESCENT BRAIN



## Includes:

- A certificate of completion,
- The live webinar event if registering prior to commencement,
- The on-demand recording to watch at your convenience,
- A handout in PDF format for viewing or self-printing

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