

# Community Education Service



*Improving emotional health and wellbeing*

## How Does Puberty Affect the Brain?

Jordan Chad, PhD, Postdoctoral Associate, University of Calgary

In this talk, we will learn about:

- Changes in thoughts and feelings that occur at puberty.
- How these changes are triggered in the brain.
- Implications of these changes on children's public and private behaviour.

**May 5, 2025**  
**6:00 pm - 7:30 pm**

Click here to register

FREE

online event



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta** and <https://research4kids.ucalgary.ca/>.