



Dear Parents/Guardians,

We are pleased to offer a transformative small group experience for high school students called **Brainwise**, through the NeuroBalance Project. Designed for teens navigating the complex world of adolescence, Brainwise focuses on understanding how the brain functions—and how stress, anxiety, and emotional overload can impact learning, decision-making, and mental health.

High school can be a time of intense pressure, rapid change, and deep self-exploration. Brainwise helps students understand how their brains are still developing, especially in areas responsible for reasoning, judgment, self-control, and emotional regulation. We'll take a deeper look at how the brain responds to stress and discuss topics like anxiety, depression, and harmful self-thoughts in a safe, supportive setting.

Each session includes interactive activities that teach techniques for calming the central nervous system, allowing students to access their prefrontal cortex—the brain's center for executive functioning. The group will meet twice a week for one hour over four weeks. After this initial phase, students will have the chance to join a weekly maintenance group to continue investing in their emotional stability, mental health, and cognitive development.

Whether your teen is considering a future in psychology, education, social services, or simply wants to grow in empathy and self-awareness, Brainwise provides a strong foundation for personal growth and leadership. This experience also offers valuable tools for navigating life's challenges, transitions, and moments of uncertainty with hope, clarity, and resilience.

If you would like more information or are curious about how Brainwise can support your teen, please feel free to reach out.

Warm regards,
Michele
Owner NeuroBalance Project