



10 Wise Ways: From Lizard Brain (Reacting) to Wizard Brain (Thinking)

Tuesday, February 6th, 9:15 – 11:15 a.m.
Plus an evening presentation from 7:00 – 8:45 p.m.

Have you ever wondered: *What was I thinking?* When you think about the problems and challenges in your daily life, do you resolve them by using your Wizard Brain? Or does your Lizard Brain cause you to act in ways that make things even worse?

Join Patricia Gorman Barry, Ph.D., R.N., and founder of BrainWise, who will take you behind the scenes of your mind's emotional mechanics to help you learn how to stop, think, and make the right decisions, even in the worst possible situations. Come learn how the evidence-based BrainWise program can help your children:



- ✓ Improve their critical thinking and decision-making skills
- ✓ Increase their executive function to control emotions and impulse behavior
- ✓ Help them lead happier, more productive lives

In addition, Kelli Buffo, CCSD CTE Program Specialist, will join PIN to share information on internship opportunities for students through the Career and Technical Education program (CTE), and talk about the new Career Innovation Academy.

Parents, school administrators and community members are welcome and encouraged to attend. No need to RSVP! Presentations are FREE and are held the first Tuesday of each month at:

Student Achievement Resource Center
14188 E. Briarwood Avenue, Centennial
(South of Arapahoe Rd., between Potomac and Jordan Roads)

📅 [Mark Your Calendars](#) 📅

March 6th & 7th: Supporting Kids during Family Separation, Divorce and Blending

April 3rd: Reconnect to your Passions: Turning Transitions into Opportunities