



## RENFREW COUNTY AND DISTRICT HEALTH UNIT

**FOR IMMEDIATE RELEASE: October 6, 2017**

### **October 16, 2017: LEARNING AND LAUGHTER - Supporting Teens in Reducing Their Stress (and Ours!), a free community event**

Renfrew County and District Health Unit in partnership with Renfrew County Youth Network, l'école secondaire Équinoxe and Wilderness Tours are excited to present Matt Bellace, Ph.D, Monday, October 16<sup>th</sup> at 7:00 p.m., Festival Hall Centre for the Arts, 401 Isabella St. Pembroke, Ontario.

The LEARNING AND LAUGHTER - Supporting Teens in Reducing Their Stress (and Ours!) event will focus on how parents, caregivers, teachers, social workers, sports coaches, etc. can help foster non-cognitive skills such as self-control, grit and resilience in a supportive environment without arguing. Specifically, it will present techniques such as mindfulness meditation, effective communication and using natural highs as healthy coping mechanisms against stress, alcohol and other drug use and bullying behaviour.

Come to learn, stay for the laughs and network over refreshments as Dr. Bellace guides you through the current research on adolescent brain development and the need to support young people in both words and actions if we want them to make healthy choices for themselves. All participants will be entered for a chance to win 1 of 3 rafting adventures with Wilderness Tours!

Dr. Bellace has been a motivational speaker and stand-up comedian since 1995. He is the author of the book, "A Better High" and his "How to Get High Naturally" program empowers over a hundred thousand students a year worldwide. In addition to the Learning and Laughter event, Dr. Bellace will be speaking to hundreds of high school youth, in Renfrew County and District, about pursuing natural highs and making healthy choices. Matt will be the keynote speaker at the annual ***Amplify!* Youth Summit** hosted by the Renfrew County Youth Network at Wilderness Tours Adventure Resort.

For more information or to register for the event please visit, [www.learningandlaughter.eventbrite.ca](http://www.learningandlaughter.eventbrite.ca) or by calling the Renfrew County and District Health Unit at 1-800-267-1097 ext. 519

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#### **CONTACT:**

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