

Girls Actively Participating! (GAP!)
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FOR IMMEDIATE RELEASE

Purposeful Event to Discuss the Meaningful Turbulence of the Teen Brain

By Jessica Yeomans, April 27, 2017

On Wednesday, May 17th, 6 pm at the Teton County Library, Raising Girls, a program of GAP!, in collaboration with the Teton County Library, will facilitate a discussion around the content of Dr. Dan Siegel's book, *Brainstorm, the Power and Purpose of the Teenage Brain*. A limited amount of free books available at the Teton County Library!

Mindfulness is a hot topic these days! Once thought of as only a secular prayer event or meditation, practicing mindfulness is beginning to prove its benefits on *all* brains regardless of an associated religion. The science behind mindfulness has demonstrated that the brain, in deed, has the capability to change, grow, and integrate itself through intentional mindful practices. The increased social-emotional development that comes from one's ability to inwardly investigate, especially for teens, can prove to be one of the most powerful opportunities a teenager has to develop future potential. Dan Siegel's book, *Brainstorm, the Power and Purpose of the Teenage Brain*, gives parents and teens a guide to implement a practice for turning the unique power of the teen brain into purpose. This event will highlight the special points in Dr. Siegel's book as we facilitate a discussion for parents, teens, professionals, and anyone interested in learning more. Reading the book is not a requirement of attendance! Free books can be obtained at the front desk of the Teton County Library. For more information, please contact Jessica Yeomans at gapgirljh@gmail.com.

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About Raising Girls/GAP!

Raising Girls, a program of GAP!, inspires thought and dialogue to help girls thrive. GAP! is in its 20th year of service to the community of Jackson, and promotes success for girls through education, self-discovery, and community building.

About the Teton County Library

Teton County Library's mission is to connect you to resources, people and learning.

About Dr. Dan Siegel

Dr. Siegel is an award winning educator, a clinical professor of psychiatry, and author of numerous books, articles, chapters, and internationally acclaimed texts. Because of the impressive list of books Dan Siegel has written, the Teton County Library is excited to partner with Raising Girls for this event.