

Other resources introduced by a PAC member:

The Art of Raising Resilient Children:

<http://mediasite.phsa.ca/Mediasite/Play/c39292ee2e1e44ddac8425b7efd5ccdf1d>

*The Teenage Brain A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults* by Frances E. Jensen MD.

- This book was written by a neuroscientist with teenage sons. It is filled with the latest research on the brain impact of sleep, alcohol, and what is most important for optimal brain development