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# Under Pressure

## What Parents Need to Know About Teens and Stress

When Ma'yan's first cohort of Research Training Interns asked Jewish teen girls what they want adults to understand about girls their age, one answer resounded: we're stressed out!

This workshop, designed for parents of Jewish teens, will use Ma'yan's survey data and other resources to examine why today's teens experience so much pressure—internal and external alike—and to identify effective strategies to support their wellbeing.

### Date

Wednesday  
February 24, 2010

### Time

6:30pm - 8:30pm

### Location

JCC in Manhattan  
334 Amsterdam Ave  
at 76th Street

To register, contact  
Rabbi Alissa Wise at  
alissa@mayan.org or  
646-505-4424.