



“Relax! The horror stories you have heard about adolescence are false.”

-Dr. Laurence Steinberg

**West-Central Montreal Health and Ometz welcome Dr. Laurence Steinberg
world-renowned expert on adolescent development
for a groundbreaking lecture on May 16**

Montreal, May 4, 2016 – New research shows that adolescence and brain plasticity extend well beyond the teenage years, requiring parents to rethink the way they educate and understand children. Ometz and the Integrated Health and Social Services University Network for West-Central Montreal (West-Central Montreal Health) proudly present “They Think Different: A Bold New View of the Teenage Brain”, a public event featuring Dr. Laurence Steinberg. In this lecture, Dr. Steinberg will outline this important research and provide parents with strategies and concrete tools to guide them through this very important age of opportunity.

Dr. Steinberg is a renowned researcher and Distinguished University Professor at Temple University. He is the author of approximately 400 articles and essays on adolescent development and the author or editor of 17 books. He has been a featured guest on numerous television programs including *CBS Morning News*, *Today*, *Good Morning America*, *20/20*, *Dateline*, *PBS News Hour*, and *The Oprah Winfrey Show*, and is a consultant for print and electronic media aimed at adolescents.

“As part of our commitment to helping build healthy families, we are thrilled to give parents this unique opportunity to gain valuable insight into the development of their teenaged children from a leading figure in the field,” says Barbara Victor, Chief Clinical Officer at Ometz.

“Dr. Laurence Steinberg, is considered one of the world's leading experts on adolescent development,” according to Kevin Hayes, Associate Director of Medical and University Education for West-Central Montreal Health.

“The brain will never again be as plastic as it is during adolescence,” says Dr. Laurence Steinberg. “We cannot afford to squander this second opportunity to help young people be happier, healthier, and more successful. Adolescence is our last best chance to make a difference.”

Held on May 16 at 7:30 p.m. at Shaare Zion Congregation, this free public lecture is made possible thanks to the generous support of the Betty and Bernard S. Shapiro Family Endowment, and will be of interest to anyone who wants to know more about this crucial period of adolescent development. For more information and registration, visit ometz.ca/plcd.

“We cannot express enough gratitude to Betty and Bernard and the entire Shapiro family for their generosity,” says Gail Small, CEO of Ometz. “The Shapiro family has supported the lecture series for 18 years. Since 1998, parents and professionals have been inspired and enlightened by the thought-provoking talks delivered by distinguished educators, leaders and experts. Together, we continue to positively impact the lives of children, families and our community.”

"Ensuring the emotional health and well-being of families is one of the most important objectives of our healthcare network," says Dr. Lawrence Rosenberg, President and CEO of West-Central Montreal Health. "For this reason, we are pleased to play a role in this event and to help provide families with information that will enable them to take advantage of valuable, new insights into adolescent development."

About Ometz

Founded in 1863, Ometz is a charitable organization which supports and strengthens individuals and families by offering a range of employment, immigration, school and social services. Serving more than 13,000 people annually, Ometz provides intervention, prevention, support services and programs aimed to enhance quality of life. Whether supporting a student who is struggling at school, a family in crisis, an individual coping with mental illness, a person looking for a new career or starting a new life in Montreal, Ometz helps change lives. To find out more, visit www.ometz.ca

About West Central Montreal Health

The Integrated Health and Social Services University Network for West-Central Montreal (West-Central Montreal Health) consists of the Jewish General Hospital, Catherine Booth Hospital, CLSC Benny Farm, CLSC Côte-des-Neiges, CLSC Métro, CLSC Parc-Extension, CLSC René-Cassin, Constance-Lethbridge Rehabilitation Centre, Father-Dowd Residential Centre, Donald Berman Maimonides Geriatric Centre, Henri-Bradet Residential Centre, Info-Santé Montréal Regional Service, Jewish Eldercare Centre, MAB-Mackay Rehabilitation Centre, Miriam Home and Services, Mount Sinai Hospital Centre, Richardson Hospital, St-Andrew Residential Centre and St-Margaret Residential Centre. Nearly 345,000 people live in the area covered by West-Central Montreal Health, which has a staff of more than 9,000, including 400 doctors.

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