

# Meet *the* Scientist



A FREE MONTHLY Q&A WEBINAR SERIES

Join By Phone or On The Web The Second Tuesday Of Every Month

**Tuesday, March 15, 2PM EST**

## Adolescents With Bipolar Disorder: Tips on Coping for Families

This seminar will offer constructive strategies for parents and adolescents who need help in managing bipolar disorder. Topics will include identifying and intervening with early signs of recurrence, clarifying the role of stress in mood swings, becoming consistent with medications, keeping regular sleep/wake cycles, good family communication, and the role of therapy or support groups.



### David J. Miklowitz, Ph.D.

NARSAD Grantee, 1987, 2001

Professor of Psychiatry

Director, Child and Adolescent Mood Disorders Program

Director, Integrative Study Center for Mood Disorders

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#### MODERATOR:

### Jeffrey Borenstein, M.D.

President & CEO, Brain & Behavior Research Foundation

Host of the PBS TV Series "Healthy Minds" Series

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