

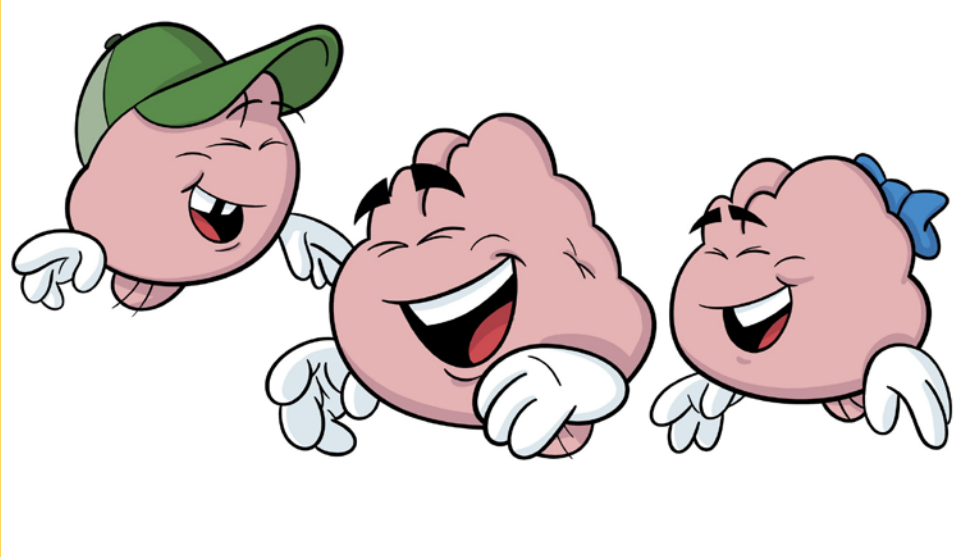
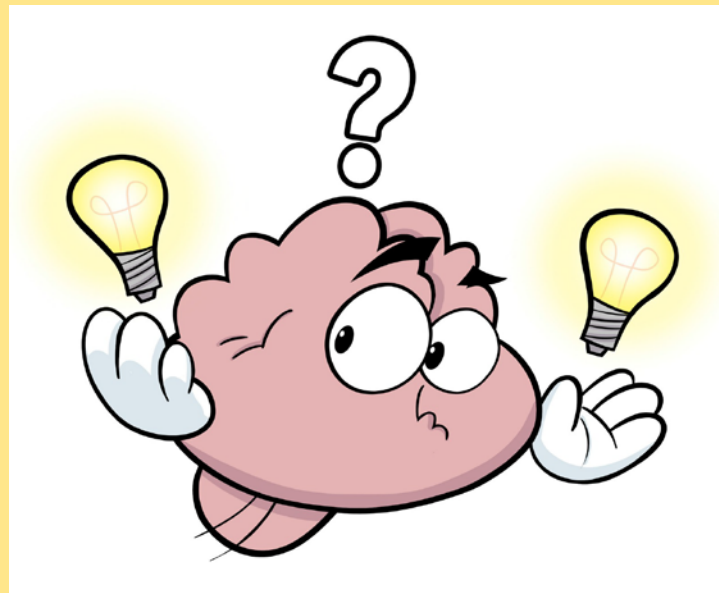
# WELCOME TO TEEN ONLINE PROBLEM SOLVING!

An online program that helps teens with brain conditions manage their symptoms and thrive

ON THE TOPS WEBSITE, YOU WILL LEARN:

## PROBLEM SOLVING SKILLS

Strategies you can use to solve any problem, even problems that aren't related to your brain condition

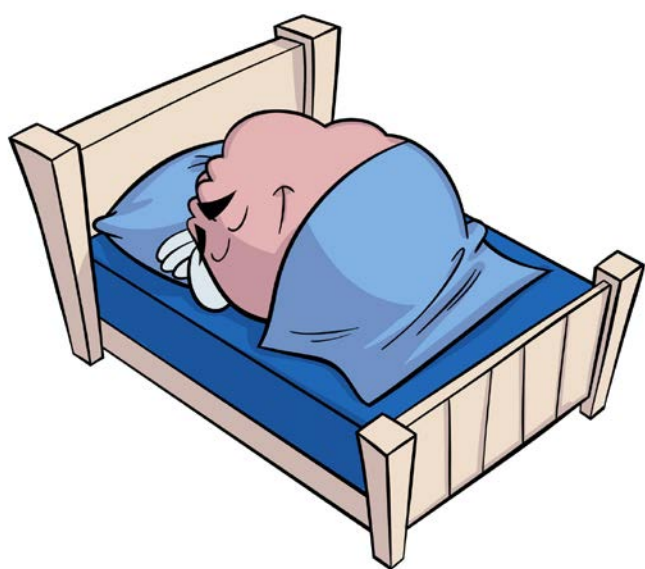
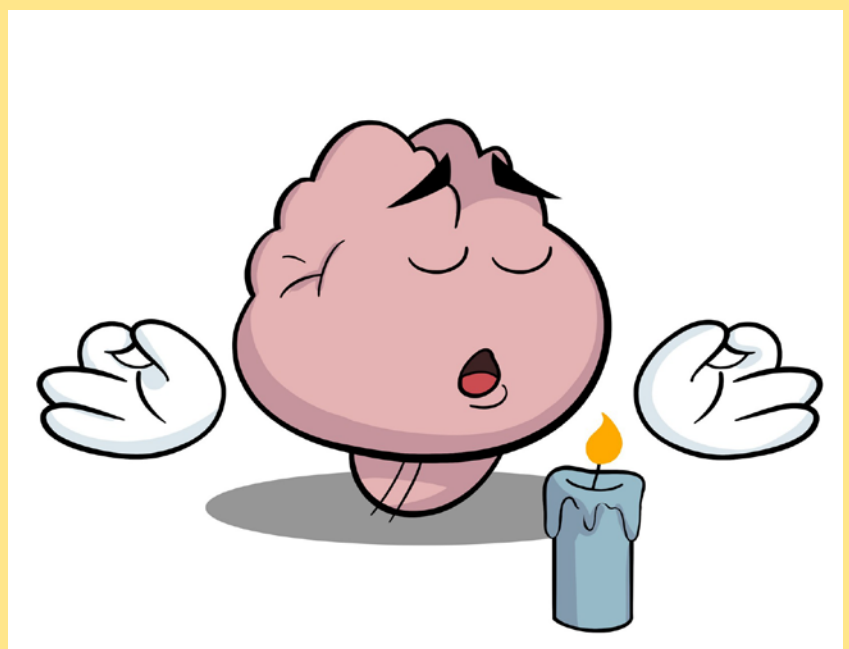


## COMMUNICATION SKILLS

Strategies you can use to get along better with your family and friends

## SELF-CONTROL SKILLS

Strategies you can use to stay control of your emotions and behavior



## SELF-CARE SKILLS

Strategies you can use to take better care of yourself

## JUMP START YOUR RECOVERY

For more information go to [www.mytbi.com](http://www.mytbi.com) or contact Kayla Huntington at [Huntington@kennedykrieger.org](mailto:Huntington@kennedykrieger.org)