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 or contact Kayla Huntington at Huntington@kennedykrieger.org