



Café des Sciences @Los Angeles Mars 4, 2020 // Stéphanie Brillant : Healthy Brains Happy Children

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Voir en ligne : <https://www.france-science.org/Cafe-des-Sciences-Los-Angeles-Mars.html>

- **When** : Wednesday, Mars 4, 2020, from 7pm

- **Where** : Alliance française de Los Angeles, 10390 Santa Monica Blvd - suite 120, Los Angeles CA 90025

- **Registration** : https://apm.activecommunities.com/alliancefrancaisela/Activity_Search/cafe-des-sciences-healthy-brains-happy-children/4425

- **Presentation in English**, Q&A FR&EN

Followed by a wine and cheese reception

Book available on site (\$25)

L'ALLIANCE FRANÇAISE DE LOS ANGELES & THE FRENCH OFFICE FOR SCIENCE AND TECHNOLOGY OF THE CONSULATE GENERAL OF FRANCE PRESENT

HEALTHY BRAINS HAPPY CHILDREN

with *Stéphanie Brillant*
Journalist

This talk is a concentration of "What we need to know" about children's brains in order to help them release their full potential. Stéphanie Brillant will share discoveries from neuroscience that help us understand what shapes children's brains and how to provide healthy experiences for young minds to grow. The speaker will also provide practical tools and strategies to help children overcome struggles and difficult emotions, improve their memory and attention, deal with failure and setbacks, enhance cooperation, foster kindness and empathy.

BOOK AVAILABLE ON SITE (\$25)

PROGRAM
6:45PM CHECK-IN
7PM PRESENTATION
7:45PM Q&A IN FR & EN
8:15PM WINE AND CHEESE RECEPTION

WHERE
ALLIANCE FRANÇAISE DE LOS ANGELES
10390 SANTA MONICA BLV SUITE 120
LOS ANGELES, CA 90025

PARKING AVAILABLE IN THE BUILDING FOR \$3

MARCH 4 2020
7 - 9PM

REGISTER AT [AFDELA.ORG](https://afdel.org) OR CALL 310-652-0306

Logo of Alliance Française de Los Angeles and the French Office for Science and Technology of the Consulate General of France.

About Stéphanie Brillant

Stephanie Brillant's dharma is to provide inspiration to help people master their lives and unlock their full potential. She is a French journalist, a filmmaker, an author, a former Senior Reporter and TV host. Her field of expertise includes neuroscience, well-being, social sciences, psychology and philosophy.

Her last feature, BRAINIOUS a 90-minutes documentary that explains how experiences shapes the child's brain, was warmly welcomed in France, Belgium, Switzerland and will soon be theatrically released in Canada, Germany and Austria.

Her book "Guide of the brain for enlightened parents" was released in France in September 2019.

Stephanie is also a mother of two and raises her children in Los Angeles, California.