

ALCOHOL AND DRUG SERVICES

Parent Group

In preparation for Alcohol and Drug Services' upcoming youth inpatient treatment program we are offering a six-week pilot program for parents of teens.

Topics of the sessions will include:

- ▶ teenage brain development in relation to addictions and risky behaviour;
- ▶ understanding emotions;
- ▶ parent-teen relationships and conflict;
- ▶ coping skills and self-care;
- ▶ communication skills; and
- ▶ relapse prevention.

The material in this course is intended to give participants an overview of the content of our youth treatment program as well as provide parents with strategies for improving relationships with their teens.

These sessions will occur weekly from January 17th to February 21st on Tuesdays, from 6:00 to 7:30 p.m. Snacks will be provided. Limited space available.

To register, contact Andrej at 393-6975, 667-5777, or toll-free: 1-800-661-0408, ext. 5777, or by email: andrej.dewolf@gov.yk.ca

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