

# Family, Youth and Substance Use

A group designed for parents and family members who are concerned about a youth's use of drugs and alcohol.

This five-session series will explore topics such as: drugs commonly used by teens, signs of use, enhancing your relationship with your teen and supporting youth to refrain from substance misuse.

**Location: Millbourne Community Site  
3756 - 78 Street**

**Times: Wednesday Evenings; February 15, 2012 – March 14,  
2012 6:30 p.m. to 8:00 p.m.**

**No Cost. To Register, Call (780) 422-3602 -- Pre-registering is required**

**\*This group was made possible through collaboration with the Mill Woods Family Resource Centre.**

## **Feedback from previous group members:**

*"The group became my refuge, learning source and support at a very difficult time."*

*"It helped me determine what regular teen behaviour is as opposed to substance abuse"*

*"It's very helpful to know that we are not alone in these parenting situations and that support and information is available"*