

KIDS, DRUGS, STRESS & ANXIETY

A workshop for parents



SUNDAY, APRIL 23 2017

NORTH TORONTO MEMORIAL COMMUNITY CENTRE

200 EGLINTON AVENUE WEST 1PM – 3PM

COST: \$50 for 2 tickets

PREVENTING YOUTH SUBSTANCE ABUSE

Workshop by Patricia Scott-Jeoffroy, MA

Drugs and alcohol are everywhere and it can be a tricky topic to bring up with your kids. Come and learn how to start this important conversation and learn more about legislation and its impact on our youth. Specific topics will include: trends and patterns of use in school-aged kids, emerging legal issues in Canada and the impact of substance use on youth brain development.

BUILDING RESILIENCY IN OUR YOUTH Workshop by Suzanne Witt-Foley

Teen stress, anxiety and depression are on the rise. Sometimes it can be difficult for parents to know how to help. Learn how our minds and bodies are wired in terms of stress and the importance of managing stress for maintaining health and building resilience.

To register please visit ParentEducationNetwork.ca or call 416-255-8969