

# Parent Awareness Workshop



**Youth Addiction Services Edmonton** offers a four part Awareness Workshop for parents, guardians or any adult concerned about adolescents who are using alcohol or other drugs.

The Parent Awareness Workshop focuses on topics related to adolescent substance use.

It will provide information about the process of change and an opportunity to explore new ways of responding.

These sessions are held on an on-going basis every Wednesday from 4:30pm to 5:30pm., at Youth Addiction Services Edmonton. This time corresponds with the Adolescent Information Series although adults can attend whether or not their young person attends the Adolescent Information Series. Four different topic areas are covered:

- Session 1:** *A brief look at trends in adolescent drug use. Education of why teens might use substances and the different drug classifications, as well as Risk and Protective Factor for substance use.*
- Session 2:** *Understanding the spectrum of substance use from not using at all to full blown problem.*
- Session 3:** *Understanding how people make changes. Education about the stages of change.*
- Session 4:** *Setting age appropriate boundaries with your teen.*

The Parent Awareness Workshop is presented in an educational format. It will provide drug information and address issues arising from abuse of drugs by adolescents. Participants will also gain an understanding of the process of addiction and what can be changed or influenced.

Participants can attend four consecutive Wednesdays to complete the series, or attend on a drop-in basis, for topics of particular interest. There does not need to be a commitment to attend all four sessions.

***For more information, please contact  
a Counsellor at Youth Addiction Services Edmonton***

***Phone: (780) 422-7383      Fax: (780) 427-0213***

***Website: [www.albertahealthservices.ca](http://www.albertahealthservices.ca)***