

Parent Information Night
February 9th, 2022
6-8 pm
Online via Zoom

What we say and how we talk about substance use matters...



**Build your knowledge and confidence in speaking with your child
about drug and alcohol use...**

In this session we will focus on:

- Current substance use trends. Societal and media influences around substance use. What you should know about substance use and the law.
- How to talk with your child about substances they may be exposed to as they get older.
- How to respond to a child who is exposed to peer substance use, experimenting with use or is struggling with substance use. Helping youth understand signs of an overdose and how to respond.
- Increasing your confidence, competence and comfort level in discussing drugs and alcohol with your child.
- The importance of decreasing stigma when talking about substance use and addiction.

The presentation will be facilitated by:

- Burnaby School District-Safe Schools team, District Counsellor & Mental Health Liason
- First Nations Health Authority-Indigenous Educator, Harm Reduction
- Fraser Health-Public Health Nurse
- Odyssey Substance Use Services- Youth Counsellor

Register today by email:
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