



Are you concerned about a teenager's drug or alcohol use?

FREE COURSE

for parents and carers

Six Friday sessions

12.30-2.30pm

11 May-15 June 2018



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RELATIONSHIPS ARE THE BEST MEDICINE PROTECTING TEENS FROM DRUG AND ALCOHOL MISUSE

COURSE DETAILS

Many parents are concerned about adolescent alcohol and drug use. Research shows that the strongest factor in protecting teens from problematic alcohol and drug use, and their development into resilient adults, is a close, supportive relationship with a parent or caregiver.

This FREE parenting course is designed to support parents and carers to understand and respond proactively to the challenges of adolescent alcohol and drug experimentation and misuse; and to help strengthen relationships with their teenagers.

TOPICS COVERED

- **Adolescent development**
- **How relationships can be protective**
- **Challenges that parents and teens face**
- **Understanding how teens use alcohol and drugs**
- **Strategies to protect and positively influence your teen**

Venue: Kentwell Community Centre, 20 Bangalow Road, Ballina NSW 2478

Cost: FREE - Bookings essential. Contact: Steve Marriott on 0429 190 210



We acknowledge the Traditional Owners of the land where we live and work and their continuing connection to land, water, sea and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.