

Supporting Youth Who Use Substances: A Guide for Navigating Youth Substance Use

April 9th, 2024

10:00-11:30am MST

This workshop will explore factors that contribute to youth substance use and the continuum of use. Guides and tips will be provided to assist adults and caregivers in having conversations with youth about substance use. Explore the stages of change and how to know if a youth is ready for change and what can be helpful in each stage.

****Please note that this session will not be recorded or uploaded to our website.**



Learning Outcomes:

- Identify factors of youth substance use
- Describe caregiver strategies for talking to youth about substance use
- Identify problematic substance use
- Navigate stages of change
- Explore available treatment for youth with substance use concerns

Speakers:

Pamela Griffiths, Addiction Counsellor, Addiction & Mental Health, Alberta Health Services

Thressa Zilinski, Mental Health Promotion Facilitator, Addiction & Mental Health, Alberta Health Services



Target Audience: Adults and caregivers of youth with substance use concerns

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=21135>

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<https://fntn.zoom.us/j/83579242623>
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