

*START and IMPACT have partnered to offer:*

**PARENT GROUP**

A 4-week, in-person group for parents/caregivers of young people ages 12-24 years who are substance using.

Provides support, awareness, knowledge, and skills for caregivers.

Talk about what is relevant to you in a supportive and judgement-free environment.

Over the four weeks we will be talking about the questions and lived experience you have in relation to:

1. Understanding why substance use occurs
2. Building communication skills when talking with your young person
3. Setting sustainable boundaries and enhancing connection
4. Maintaining the relationship with your young person

**WHEN**

Thursday evenings from 6-8pm for 4 weeks. Please register to learn about upcoming dates.



**RESOURCES**

Province of BC Mental Health and Substance Use resources: <https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use#.YnCV5nbMKzV>.

Tips for having tough conversations with teens: <https://www.healthlinkbc.ca/mental-health-substance-use/parenting-and-substance-use>.

Talking to your teens about drugs (video):

<https://www.youtube.com/watch?v=EcV58kiIAY4>

Reducing Stigma (videos): <https://www2.gov.bc.ca/gov/content/overdose/reducing-stigma>.

**REGISTER**

If you are interested in participating, please register with:

Nicole Allen – Group and Family therapist, START East

[nicole.allen@fraserhealth.ca](mailto:nicole.allen@fraserhealth.ca)

**WHERE**

101-32555 Simon Avenue, Abbotsford

In person (masks required)