

SUBSTANCE USE PREVENTION: MENTAL HEALTH & DECISION-MAKING

A **COMPLIMENTARY WEBINAR** FOR PARENTS, GUARDIANS & CAREGIVERS

Join leading **adolescent Clinical Psychologist Dr. Hayley Watson** for an online event that aims to help parents, guardians and caregivers gain a **deeper understanding** of substance use prevention and learn **practical tools** for supporting youth mental health.



Key Takeaways:



Learn the factors that contribute to youth mental health/substance use



Understand the skills that youth need to overcome these needs



Acquire practical tools for empowering your child and youth to make positive choices



Increase your ability to support your own mental health

Time: 6–7:30pm PST

Date: 20th, 25th, 26th Feb 2025

REGISTER NOW

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