

# Connecting with Your Teen



**A FREE interactive session for  
parents & caregivers of teenagers 13 to 18 years old**

**Workshop covers the following topics:**

- Normal growth and development that occur during teenage years
- Physical, emotional, behavioural, and social pressures teens may experience
- Facts and myths about drugs
- Ways to improve communication between parents/caregivers and teens
- What to do if you think your teen is under the influence of drugs

**Dates:** < *Tuesday, April 9, 2019* >

**Time:** < *7:30-9:00PM* >

**Place:** < *Earl Haig Secondary School, Cafeteria* >