

## **Are you concerned about your teen's alcohol or drug use?**

**You are invited to a free information and support group offered by the  
Addictions Foundation of Manitoba.**

**WHEN: Tuesday November 19 & Thursday November 21, 2019  
5:30 p.m. - 8:30 p.m.  
(parents must be able to attend both nights, a light supper will be provided)**

**WHERE: RETSD Student Services 760 Kildare Avenue**

**WHO: Any parent or caregiver interested in more information or support  
regarding their young person's alcohol, drug or gambling use.**

The Parent Intervention Program offered by the Addictions Foundation of Manitoba is designed to provide information and support related to youth involvement with alcohol, other drugs, and gambling. A young person does not need to be involved with the AFM for their parents or caregivers to attend.

The purpose of the Parent Intervention Program is to:

- Introduce the AFM Youth Services philosophy in working with youth;
- Strengthen the understanding of how a youth's substance use affects everyone;
- Introduce parent response strategies that may assist and support youth in making healthier choices;
- Re-introduce principles of self-care to aid parents in maintaining health;
- Decrease isolation of parents/caregivers by providing information about available community supports and a network of mutual encouragement and support.

This program is free to attend and is open to any parent/caregiver seeking information and support regarding their young person's substance use or parents who are interested in learning more about the signs to watch for to determine if your young person may be using alcohol or drugs.

There is no charge to attend this program. To register for the Parent Intervention Program, please contact:

**Alana Sigurdson at (204) 223-8829  
asigurdson@retsd.mb.ca**

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**Alana Sigurdson**

Addictions Foundation of Manitoba Counsellor in River East Transcona School Division • Phone: 204-223-8829

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