

# 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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Code to Register

