

The ministry, in partnership with adolescent Clinical Psychologist, [Dr. Hayley Watson - Open Parachute](#), is hosting [free virtual sessions on youth substance use](#) for parents/guardians, caregivers and caring adults. Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use.

Key Takeaways for Participants:

- Learn why children/teenagers are drawn to substances.
- Understand what causes and maintains substance use disorder and needs.
- Increase your child's ability to make positive choices about substances.
- Acquire practical conversation tools for discussing substances in the home.

Participants must register in advance due to limited capacity. Sessions dates are:

- February 20, 6:00 – 7:30 pm PST - [Click here to Register](#)
- February 22, 6:00 – 7:30 pm PST – [Click here to Register](#)
- February 28, 6:00 – 7:30 pm PST - [Click here to Register](#)

Please share within your school community and email educ.mentalhealth@gov.bc.ca with any questions.