

CREATING A SUBSTANCE USE PREVENTION PLAN

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

Join leading adolescent **Clinical Psychologist** Dr. Hayley Watson, as she helps you create a **personalized step-by-step plan** for implementing **substance use prevention skills** in your home. Dr. Watson will focus on specific steps you can take to ensure that **you and your family are supported** as you teach substance use prevention skills to your child/youth.



Key Takeaways:

- ✔ Learn the skills that will help prevent your child and youth from using substances
- 👏 Navigate the challenges that arise while teaching these skills to your child/youth
- 👥 Create a step-by-step plan for implementing substance use prevention strategies
- 🤝 Increase your ability to support yourself and your child/youth at the same time

Time: 6–7:30pm PST (*includes Q&A!*)
Date: April 29th, May 7th and 8th 2025

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