



C-04

Connecting with Your Child: Having conversations about alcohol and other drugs

Mental Health and
Well-being Parent
Partnership Committee

201A

This workshop is best intended for parents/caregivers of children 10 -14 and will provide you with knowledge and parenting strategies to have effective conversations with your child about alcohol and other drugs. In this interactive workshop topics covered will also include:

- Normal developmental changes during the teenage years
- Facts and myths about substances including cannabis
- Resources to support parents/caregivers

Presenter

Voula Varasamidou

Public Health Nurse with Toronto Public Health

Voula Varasamidou is Public Health Nurse at Toronto Public Health who works with School Communities to promote health and well-being including substance misuse prevention. Voula has extensive experience working with parents/caregivers to support and enhance healthy child and adolescent growth and development.