

Parents as Partners Conference

Workshop Session: B8

Room: 202B

Connecting with your child: Having conversations about alcohol and other drugs
Mental Health and Well-Being Parent Partnership Committee

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

Fatma Baykal

Public Health Nurse

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Fatma is a Public Health Nurse working with the Healthy Schools and Substance Misuse Prevention team at Toronto Public Health. Fatma has been trained by the Psychology Foundation of Canada as a parent facilitator and has delivered many parenting programs in the community. She works with students and school staff focusing on Mental Health and Substance misuse prevention topics. Fatma obtained her Nursing degree from York University and has experience in trauma nursing and family practice nursing. She also worked as Smoking Cessation Counsellor and Diabetes Educator.

Jennifer Morin

Public Health Nurse

Jennifer is a Public Health Nurse on the Healthy Schools and Substance Misuse Prevention Program at Toronto Public Health.