

Concerned about how substance use could impact your teen?



You are invited to participate in a series of **free drop in parent meetings** sponsored by the Wilson Counseling Department and PTA . *“Staying Connected”* is a class for Wilson High parents who have concerns about how substance use could or is affecting their teen. You may be worried that your teen may be tempted to use, or may know that they have been using regularly, or anywhere in between.

“Staying Connected” is about how parents can stay connected to their children and therefore provide protection from the temptations and risks of substance use. Topics include:

Recognizing the signs of substance use

Knowing the local trends of teen drug use

Importance of parental guidance and strategies to influence teens

Tips for communicating tough issues with teens

Links to community resources

Meetings will be held at Wilson in RM 117 the following Wednesdays 6:30-7:30pm:

January 22

February 5

February 19

March 5

March 19

Parents are welcome to drop in to one or more meetings

RSVP appreciated: Sharon 916-5280x75206