

Community Education Service



Improving emotional health and wellbeing

Substance Use & Youth: Trends, Risks & Offering Support

Presented by the Community Health Promotion Services (CHPS) Team of Recovery Alberta

As youth grow and explore new experiences, they may encounter substances such as alcohol and cannabis. With developing minds and bodies, substance use can have lasting effects on physical and mental health. Open and honest conversations play a crucial role in helping young people make informed decisions. This session will equip parents, caregivers, and mentors with practical tools and resources to engage in meaningful discussions about substance use. Join us to learn how to foster trust, provide guidance, and support youth in making healthier choices.

March 18th, 2025
11:30 AM – 1:00 PM

[Click here to register](#)

FREE

[online event](#)



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta** and **Community Health Promotion Services**.