

P.E.G

Virtual Parent Education Group on Zoom



What is P.E.G.?

Parent Education Group is an educational group designed for individuals and couples who are parenting young people 16 to 24 years of age, that are using drugs and/ or alcohol. The goal is to provide parents/caregivers with a greater understanding of issues related to youth and substance use. It aims to also provide strategies to help in supporting the family at dealing with these issues.

What will I learn?

Topics will include:

- Adolescent/Young Adult Development & impact on developing brain
- The role of drugs/ alcohol in meeting the needs of young people
- How substance use problems can develop
- Drug and alcohol education
- Stages of Change and motivating youth towards change
- Communication Skills
- Developing consequences, limits & boundaries

When is P.E.G.?

Join us for P.E.G. on Zoom. It runs on Tuesdays, from 3-5 pm. Please join us for all 4 sessions to get the best experience.

How do I register?

Please call our main office at (905) 639-6537 ext. 0 to register.