



LET'S TALK DRUGS

Understanding Youth
Substance Use:

Spotlight on
Alcohol, Cannabis,
& Nicotine

Canadian teens report that they try smoking, drinking and cannabis for the first time as young as age 13, making early education about substance use crucial.

Join us to learn how to talk about mental health and substance use with teens in your life. We'll answer your questions and share current evidence based research from across Canada on substance use.

JOIN US!

Monday, June 9, 2025

5 pm to 7 pm

Lockerby Composite School

Register by June 1, 2025

<https://forms.gle/MnGhMSjeEXZMcDaF6>

**Don't miss this free
educational event
for parents/guardians.**

Together, we'll discuss:

- Why is it important to talk to my teen about drugs?
 - How can I talk with my teen about drugs?
 - Why do teens try substances?
 - How can drugs affect a teen's developing brain?
- And more!

**This presentation will be livestreamed to
Espanola High School and
Manitoulin Secondary School.**

A light meal will be provided.