

**Alternatives for Youth – Parent Education, Support and Skills Development
Program (PEP) 6 week *virtual group***

Alternatives for Youth (AY) is committed to providing substance use treatment services for youth aged 12 to 25 years and those who care for them.

Research has shown that engaging caregivers in substance use education and counseling programs improves treatment outcomes for youth with substance use and concurrent mental health problems.

The feedback we have received from caregivers that have attended this program indicates that information covered is helpful and the group experience is positive. Caregivers have noted improvement in their everyday lives as a result of attending this program.

The Parent Education Program (PEP) is a 6 week group that covers the following:

- Week 1: The Impact of living with Substance Use/Self-care for Caregivers
- Week 2: Adolescent Substance Use and Drug Basics
- Week 3: Mental Health and Adolescent Brain Development
- Week 4: Parenting Adolescents: Limits and Boundaries
- Week 5: Communication Strategies That Get Results
- Week 6: Understanding and Influencing Change

PEP will run on Thursday evening from 6:00 to 8:00pm, for 6 concurrent weeks. Participants are asked to make a commitment to attend all 6 PEP group sessions.

The next PEP group is scheduled to start:

October 14th 2021 *via Zoom online platform*

PEP Fees: Services at Alternatives for Youth are funded by several sources, so presently there is no fee for attending PEP.

For inquiries, or to register for the group, please contact
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