



# Talking Drugs, Alcohol & Adolescents

**A LYFT UP YOUR FAMILY** program for parents of 12 to 25 year olds  
who are concerned about their adolescent's use of alcohol and other drugs

## Do you want to:

- Improve your relationship with your adolescent child?
- Explore why young people use alcohol and other drugs?
- Improve communication with your young person and resolve family disputes?
- Learn about adolescent development and why young people sometimes behave in risky ways?

Come along to 6 sessions to learn strategies, share stories and take some time out for you!

## Where:

Central Ringwood Community Centre  
Bedford Park, Rosewarne Lane, Ringwood

## When:

Mondays (6 evening sessions)  
February 10th to March 23rd 2020  
(excludes March 9th, Labour Day Holiday)

## Time:

7:00 to 9:00 pm

## Cost:

Free of charge. Bookings essential

## Bookings:

Sharon Muir on 0438 683 049 or  
sharon.muir@anglicarevic.org.au