

Parents really need to talk to young people about alcohol and drugs



Photo credit: canaldoinstino

CAD is delivering a series of six, two hour sessions on alcohol and drug awareness in your community.

Here's what parents say:

" Very informative, good fun "
(past participant)

" It has been a great help to me, I have learnt to step back before I do anything. Most important I have learnt to listen to my kids "

6 steps to help keep teens safe from alcohol and drugs.

- Get new information
- Learn new skills
- Use practical solutions
- Be assertive in your parenting
- Talk to other parents and CAD tutors
- Teach your children to make healthy choices



Community Awareness of Drugs

Established 1983

Every parent should do this course!

Bring a friend.

**Date: Thursday
24th September**

**St Wolstan's
Community School**

7.30—9.30pm

Please contact:

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Cert upon completion

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