

So how are you doing?

Do you have questions about how your teen's addiction may be affecting their overall health and development?

Do you ask yourself what else can you do to help your teenager?

Are you struggling to find a place to talk about how their behavior has been difficult for you?

Are you losing sleep, losing track of important relationships and no longer in touch with yourself or your partner?

Want to find out more about process addictions?

Are you are a sibling, a grandparent, a parent, or caregiver?

Monday evenings

6:00 - 7:30pm

Location:

12325 140 Street

For more information:

780-643-1240 (Sean)

780-644-1686 (Dennis)

There is no cost for participation. Childcare is not provided.



[Paul Townsend/Flickr](#)

The Parent Connections Group

The Parent Connections Group may be the right place for you to find support, hope and a way to move forward.

Time: Every Monday
6:00-7:30
(except stat holidays)

**Addiction and Mental Health
Edmonton Zone**

About the Parent Connections Group

Often one of the biggest challenges that parents face when they reach out for help can be a fear that no one will understand.

The Parent Connections Group is for families and guardians of youth aged 12-22 years old who are impacted by all forms of addiction. (substances and behavior addictions)

The group is facilitated by AHS Family Counsellors and will provide support and tools to help you with what you are facing.

Groups will begin with clear ground rules that will establish safety, setting and structure.

Cost

There is no cost for the Parent Connections Group.

Referrals

No referrals are necessary. For information please speak to your Family Counsellor or call:

780-643-1240 (Sean)

780-644-1686 (Dennis)

Services Provided

- Safe and confidential group
- Ideas for improving relationships, communication
- Open to families and guardians
- Resources and referrals provided



[Daska/Flickr](#)