

MaCYSS

Monaghan & Cavan
Youth Substance Support

Young People, Alcohol & Drugs: A short, practical workshop for Parents

Topics:

- How parents influence their teens
- Impact of substances on the developing brain
- Setting boundaries
- Parental self-care
- Local resources, supports & services

Venue: **Johnston Library Cavan**

Date: **Tue. 25th November**

Time: **1pm – 2pm**
(Lunch will be provided)

If you have concerns for a young person, or would like information or support, please contact **MaCYSS @ 0857469974**
Alternative dates are available across Cavan.

PLEASE NOTE: THIS IS A STAKEHOLDER EVENT

MaCYSS
Monaghan & Cavan
Youth Substance Support



**Alcohol
Forum
Ireland**



www.macysshub.ie