



## Parent Education Group P.E.G

### What is P.E.G. ?

Parent Education Group is an educational group designed for individuals and couples who are parenting teens that are using drugs and/ or alcohol. Its goal is to provide parents with a greater understanding of issues related to youth and substance use. It aims to also provide strategies to help in supporting the family at dealing with these issues.

### What will I learn?

Topics will include:

- Adolescent Development
- The role of drugs/ alcohol in meeting the needs of youth
- How substance use problems can develop
- Drug and alcohol education
- Stages of Change and motivating youth towards change
- Communication Skills
- Developing consequences and boundaries



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## When is P.E.G. ?

P.E.G. runs once a week for 5 weeks from 6:30-8:00pm. We ask that you attend all 5 sessions to get the full benefit of the program. New members may not join after the first week.

## How do I register?

PEG is run out of our Burlington and Oakville offices, but it is open to all residents of Halton. Please call our main office at (905) 639-6537 ext. 0 to register.

Burlington Mall  
777 Guelph Line  
Suite 214  
Burlington, Ontario L7R 3N2  
t: 905.864.5042



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