

ADOLESCENT SUBSTANCE USE PREVENTION

WHAT'S MY ROLE?

- What can I do?
- How can I support my teen who has friends struggling?
- What is the first step if my teen is using?
- What warning signs should I be aware of?
- How do I talk to my teen if I'm concerned with substance use?
- What are the most common substances used by teens?

Join the conversation:

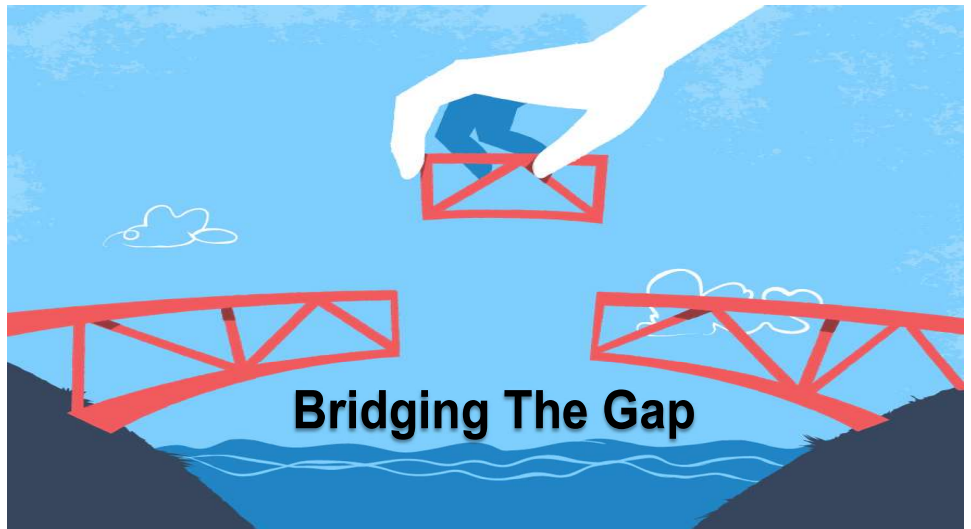
When:

Where:

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Please RSVP number of attendants to:

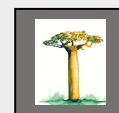
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Let us start a conversation.

Hello fellow parents, teachers, coaches, tutors, medical professionals, mentors, friends— anyone who interacts with a teen. My name is Rebekah Tchouta and over the past 10 years I have worked with children and teens in a myriad of capacities. During the last few years especially, I continue to find myself gravitating towards teens within both a clinical and non-clinical setting. I love a challenge, and let's face it, teens (and pre-teens) provide that plentifully! On a deeper level though, I remember a little of what it was like to be a teen. The feeling of being lost, feeling trapped inside my own mind and yet never

knowing what I really wanted/needed. I remember being scared of the unknown; feeling the weight of the pressures around me and the pressures within me. I remember desperately wanting to reach out to those who loved me but, like a bad dream, never seeming to be able to move or speak. I remember the fear, the depression, the anxiety of what it meant to be me in a world of constant change. All behaviors speak where words may not be present. Our children are trying to communicate. Let us listen, Let us start a conversation.



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