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For Immediate Release - Wednesday, May 14, 2025

Struggling to Talk to Your Kids About Drugs and Alcohol? Free Parent Info Nights This May!

Timiskaming District - Planet Youth Timiskaming is pleased to welcome Drug Free Kids Canada to Kirkland Lake, Englehart, and Temiskaming Shores during the last week of May for a practical and engaging presentation: *A Strong Start: Navigating Stress, Coping, and Substance Use in Youth*. This free session will give parents and caregivers useful tools to talk with their children about alcohol, vaping, cannabis, and other substances, before problems start.

The event is family-friendly, with **presentations in English and French, free childcare on-site, door prizes, and a free dinner.**

"Talking to your kids about substance use doesn't have to be awkward or overwhelming," says **Steve Keller**, presenter from Drug Free Kids Canada. "This session is about building strong communication early, so our kids are better able to handle peer pressure and stress."

Results from the 2023 Planet Youth survey of local grade 10 and 11 students show us that about 1 in 3 students had their first drink of alcohol by age 13. About a quarter of students have been drunk within the last month, and 4 in 10 have vaped in their lifetime.

"Seeing how many students are trying substances at a young age shows why these conversations matter," says Erika Aelterman, of Planet Youth Timiskaming. "These information sessions are a rare chance to ask the hard questions, hear from national experts, and connect with other caregivers."

Event dates:

- **May 27** – Kirkland Lake District Composite School
- **May 28** – Englehart High School
- **May 29** – Timiskaming District Secondary School

Register now through **Eventbrite**. Doors open and a free dinner begins at 5:30 PM, the presentation from 6:00–7:00 PM, and a Q&A to follow.

This event is hosted by Planet Youth Timiskaming in partnership with Conseil scolaire public du Nord-Est, Conseil scolaire catholique du district des Grandes Rivières, District School Board Ontario North East, and the Northeastern Catholic District School Board.

To register, click the link or scan the QR code:

<https://eventbrite.com/cc/a-strong-start-4258943>



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