



Parent Support Services  
Society of BC

# Parenting Workshop

## A Strong Start: Guiding your Kids through Back to School Challenges

**Wed., Sep 17, 2025 | 7 pm - 8:30 pm**

"The back-to-school" period can bring a mix of emotions for youth – from excitement and anticipation to stress and anxiety. This free webinar looks at how substance use can affect a young person's ability to cope with stress, anxiety, and depression, and offers practical, harm reduction-focused strategies to support them.

Parents, caregivers, educators, and youth-serving professionals will gain valuable insights on:

- Recognizing when a young person may be struggling
- Opening safe, stigma-free conversations about mental health and substance use
- Encouraging healthy coping strategies
- Reducing risks through safe medication storage and return

Part of Drug Free Kids Canada's Together for Safer Homes campaign, this session helps families and communities create safer, more supportive environments during the critical back-to-school season.

Scan or Click  
to Register



**FREE**

Registration required to participate in this workshop!

Register now -  
Workshop Sep., 17, 2025

[www.tinyurl.com/pssworkshops](http://www.tinyurl.com/pssworkshops)

**Online  
Workshop**



**In partnership with:**



**GOT QUESTIONS?**

**REACH US AT:**

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parentsupportbc.ca

We acknowledge the financial support of:  
**The Province of British Columbia &**

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**Canada**

PSS recognizes and respects all the Indigenous Nations and Traditional Lands & Territories that we Gather, Live, Work and Play on across BC