

Webinar for Parents: Understanding Substance Use

Involvement and support of parents, guardians and other caregivers are critical in preventing youth substance abuse. Effective substance use education is important because young people are faced with many influences to use both licit and illicit substances. Education can play a counterbalancing role in shaping a normative culture of safety, moderation, and informed decision making.

The counselling department has organised a webinar for parents of Grade IX to XII with a clinical psychologist that explores this issue in a clear, relevant manner on **Saturday, 29th October 2022**.

Time:10:00 to 11:00 am

Online Link: Will be shared closer to the date.

About the speaker: Ms. Ankita Deshmukh is a licensed clinical psychologist who runs her centre, Butterfly Psychotherapy in Pune, where she works extensively with adolescents and young adults. She works from a trauma focussed therapy perspective, and is a cultural psychiatry researcher.