



CADS Altered High Whānau Group

At Altered High Youth Service we endeavour through this group to provide:

- Space for parents/caregivers to talk about their concerns related to their young person's use of substances and how this is impacting on their family & them personally.
- Information on AOD, and youth AOD dynamics/issues. Provides an opportunity to ask questions and explore answers.
- Discussion about teenage developmental stages & behaviours, and how the addition of AOD use/behaviours impacts parenting dynamics.
- Information about setting boundaries and consequences – core parenting skills.
- An opportunity to identify existing strategies + solutions that have been tried and/or working well - strengths-based approach.
- Exploration of potential new strategies to take away and implement.
- Strategies for talking to young people about their AOD use.
- A focus on self-care: Identifying existing strategies and ones to consider practising. Support & assistance with stress management.
- Information on Altered High Youth Service referral pathway and model of treatment, for those who have young people engaged with/starting to engage with/or potentially will be referred to service.
- A take home resource package.

Tuesday Evenings 6pm to 8pm
CADS Altered High Youth Service
Level 2, 409 New North Rd, Kingsland

If you are interested in attending the Whānau Group please call our **Dutyline** on **845 1893**. The first step is for you to meet with one of our team, who will give you space to talk about your personal situation, so that we know how best to support you.