

# FREE PARENTING WORKSHOP

# NAVIGATING SUBSTANCE EXPERIMENTATION IN TEENS

A two-hour workshop offering information and support for parents or caregivers whose teen is experimenting with alcohol, marijuana, vaping and other substances.

- Interactive, judgement-free and practical
- Led by professionals in teen substance use prevention
- Held the first Wednesday of each month from 6-8 pm at Jefferson County Public Health in Lakewood

Visit [twelvetalks.com/workshops](https://twelvetalks.com/workshops) to register for this free workshop.

*For immediate help and resources, visit [twelvetalks.com/help](https://twelvetalks.com/help).*

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TO HAVE WITH TEENS**  
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