

FREE Webinars

PARENTING STRATEGIES TO SUPPORT TEENS

Presented by: Aaron Weiner, Ph.D., Board-certified psychologist and addiction specialist

How to Talk About the Portrayal of Drug Use in Popular Media

Thursday, April 13, 2023, 6:30 - 8:00 p.m.

Depiction of drug and alcohol use is widespread in current media, including shows often viewed by teenagers such as Stranger Things and Outer Banks on Netflix, and HBO's Euphoria. Research indicates that exposure to these messages increases teenage substance use. What can parents do to protect their children? Join Dr. Aaron Weiner for an exploration of the psychological impact of drug use as conveyed in popular media, as well as actionable strategies for parents and caregivers to help teenagers navigate this complicated social and cultural terrain.

Supporting Adolescent Mental Health

Thursday, April 20, 2023, 6:30 - 8:00 p.m.

Helping your teenager cope with difficult emotions is a challenge even in the best of times and the pandemic has taken teen stress to a new level. Is what you're seeing normal teenage behavior, an understandable reaction to stress, or a clinical problem worth addressing? Join Dr. Aaron Weiner for a review of the current state of teen mental health and numerous actionable steps and ideas parents can use to support teens' mental health and well-being.

REGISTER TODAY:

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**LOUDOUN
COUNTY**
VIRGINIA

Mental Health,
Substance Abuse and
Developmental Services

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If you require an accommodation for any disability in order to participate, including language assistance, contact the Loudoun County Department of Mental Health, Substance Abuse and Developmental Services at 703-771-5155. Three days' notice is requested.