



SUBSTANCE USE PARENT FAQ'S ANSWERED



Join licensed marriage and family therapist, Christopher Lewis, in exploring Frequently Asked Questions. This series is dedicated to what parents need to know when talking to their children about substance use or when managing a substance use crisis with a child. Scan each QR code to find practical advice to help effectively navigate substance use.



Meet the Therapist



<https://cookcenter.info/SubstanceUse1>



What are the warning signs parents need to know as it relates to substance use among teens and pre-teens?



<https://cookcenter.info/SubstanceUse2>



How can I support my child if they are already dealing with substance use and where can I find additional help?



<https://cookcenter.info/SubstanceUse3>



Who should be involved in a child's recovery journey when struggling with substance use?



<https://cookcenter.info/SubstanceUse4>



What is the best way to talk to my child about substance use and encourage them to get help if they need it?



<https://cookcenter.info/SubstanceUse5>

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What You Should Know and Do If Your Teen is Vaping

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