






Family & Community Resource Centre

Here are some suggested resources for parents and children about:
Substance Abuse

1. Teens Under the Influence

Ketchum, Katherine; Pace, Nicholas A. 2003          

2. A Teen's Guide to Living Drug Free

Youngs, Bettie; Youngs, Jennifer; Moreno, Tina, 2003     

3. Teen Brain, Teen Mind: What Parents Need to Know to Survive the Adolescent Years

Clavier, Ron, 2005              

4. Wishes and Worries: A Story to Help Children Understand a Parent Who Drinks Too Much Alcohol.

Centre for Addiction and Mental Health 2005  

5. How Do I Know If My Teen Is Using Drugs

Alberta Alcohol and Drug Abuse Commission (AADAC) Parent Information Series.
Can be viewed or downloaded from www.aadac.com or call 1-866-33AADAC (22322)

6. Alberta Alcohol and Drug Abuse Commission (AADAC) www.aadac.com

7. Health Canada: Be Drug Wise www.drugwise-droguesoisfute.hc-sc.gc.ca

8. Centre for Addiction and Mental Health (CAMH) <http://tinyurl.com/b676t>

9. Not My Kid www.notmykid.org

10. Queen's Spirits www.queensu.ca/spirits

Materials can be borrowed through inter-library loan



Family & Community Resource Centre



Banff



Beiseker



Brooks



Canmore



Cereal



Coaldale



Consort



Hanna



High River



Irricana



Lacombe



Lethbridge



Calgary Public Library



Longview



Medicine Hat



Okotoks



Red Deer



Strathmore



Taber



Three Hills



Trochu



Wetaskiwin

Disclaimer

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

For additional resources or information regarding **Substance Abuse** please call or visit:

Family & Community Resource Centre

Alberta Children's Hospital
2888 Shaganappi Trail NW
Calgary, AB T3B 6A8
Phone: (403) 955-FCRC(3272)

For additional support in child health information needs please contact our Child Health Information Specialist at 955-7745, toll free at 1-877-943-FCRC(3272) or email childhealthinfo@albertahealthservices.ca.

Community resource information available from:

Alberta Alcohol and Drug Abuse Commission

Phone: 24-hour help line: 1-866-332-2322

Foothills Hospital Addiction Centre and Adolescent Program

Phone: (403) 944 2025

Contributing Partners

Calgary Health Region:

Addiction Centre – Adolescent Program, Foothills Medical Centre

Alberta Alcohol and Drug Abuse Commission (AADAC)



All of our Information Prescriptions are available for free download at: <http://fcrc.albertahealthservices.ca/publications.php>