



***Addictions Foundation of Manitoba
Community-Based Youth Services (AFM)
Fondation manitobaine de lutte contre les dépendances
Services communautaires liés aux jeunes***

The following AFM Youth Community-Based Services workshops are designed for those who work with youth in a professional or voluntary capacity. Please complete the attached registration form to reserve your spot. Space is limited. There is a \$25 fee per workshop. All workshops are held at 1031 Portage Avenue, 2nd floor unless otherwise noted.

Adolescent Alcohol & Other Drug Issues

This introductory workshop will examine current trends, reasons why adolescents use alcohol & other drugs; factors that place youth at risk for use and problem use; how to identify adolescents in trouble; and ideas for prevention and intervention.

October 1, 2010 or January 27, 2011 - 9:00am to 3:30pm. Fee: \$25

Working with Resistance...Moving Towards Change

This introductory workshop is based on the belief that youth are capable of changing and that helpers can positively influence the process of change. It utilizes the principals of the Transtheoretical Model (Stages of Change) and Motivational Interviewing (MI). Participants will explore effective strategies for intervening with youth presenting with problematic alcohol, other drug, or gambling involvement. In addition, the workshop will look at techniques for addressing the resistance to change that often accompanies this behaviour.

November 10, 2010 or March 9, 2011 - 9:00am to 3:30pm. Fee: \$25

Youth & Gambling

At this workshop, you will learn about gambling and its attraction for youth. Participants will learn about the risks of gambling for teens, the signs of problem gambling, prevention and intervention strategies as well as where help is available. Included in the prevention section is a one hour presentation on "How Gambling Works" providing the participant with basic knowledge and the tools necessary to dispel myths associated to gambling.

October 8, 2010 or May 6, 2011 - 9:00am to 3:30pm. Fee: \$25

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“It’s Up to You” Middle Years Program (Gr.7-8 curriculum)

AFM has developed a series of classroom sessions to assist middle years students with their decision making around alcohol and other drugs at this crucial time. The objectives of these classroom sessions are consistent with many of the learning outcomes in the health curriculum for grade seven. Middle years educators will have the opportunity to familiarize themselves with the program, as well as the characteristics of effective prevention programs, the best practices in delivering substance abuse education, information about drugs & alcohol, and how to deliver this program in your schools. A copy of the “It’s Up to You” program binder is included.

*October 19, 2010 - 9:00am to 3:30pm. Fee \$25. **will also be offered at SAG***

Alternatives for a Healthy Lifestyle

In this fun-filled, interactive workshop, you will learn how to bring “fun” strategies into the helper/counsellor arena. Young people who are involved with alcohol, other drugs, or gambling are meeting a variety of needs. To prevent or reduce harms associated with these behaviours, youth must have alternative, healthy ways to meet their needs. Leisure and Recreation Education support youth to develop some of the skills needed to live healthy lifestyles. Participants will leave with practical, activity-based strategies that can be used with youth in an engaging way.

April 7, 2011 - 9:00am to 3:30pm. Fee \$25

Youth Impacted by the Substance Use or Gambling of a Significant Other

Many young people are impacted by the problematic substance use or gambling of someone close to them. This workshop will provide participants with information about family functioning and characteristics of youth affected by someone else’s harmful or dependant involvement with substances or gambling. Participants will leave with tools and strategies to support these youth.

October 29, 2010 or March 4, 2011 - 9:00am to 3:30pm. Fee \$25

Working with FASD-Diagnosed Youth Who Are Involved with Alcohol, Other Drugs, or Gambling

This workshop focuses on intervening with FASD-diagnosed adolescents who are making choices around substance use. Participants will discuss the tasks of adolescence as well as risk and protective factors and how FASD-diagnosed youth may be more at-risk for harmful relationships with alcohol, other drugs, or gambling. The workshop provides a brief history of FASD as well as practical strategies for guiding youth through their substance use or gambling decisions.

May 19, 2011 - 9:00am to 3:30pm. Fee \$25

(cont.)

Introduction to Facilitating Groups with Youth

This workshop will introduce participants to basic facilitative principles and leadership skills needed to deliver a psycho-educational group with youth who show behaviours of concern related to alcohol, other drug, or gambling involvement. This information may be pertinent to psycho-educational groups with other focuses.

February 15, 2011 - 9:00am to 3:30pm. Fee \$25

Group Counselling with Adolescents

This intensive 3 day workshop uses a combination of educational & experiential approaches where participants will learn about types of groups, stages of group development, qualities of an effective facilitator, group member roles, problem behaviours in groups, and managing difficult situations. The workshop will provide opportunities for participants to role play and put what they learn into practice.

June 6, 7, 8, 2011 - 9:00am to 3:30pm. Fee \$25

**** Ask us about customized workshops for groups.**

**** Some workshops are available in French upon request.**

AFM is accredited by Accreditation Canada (AC)

