

Lloydminster Drug Strategy and Community Youth Centre Present

Heather Charlton February 9 & 10, 2012

The Lloydminster Drug Strategy has teamed up with the Lloydminster Community Youth Centre to bring Heather Charlton to Lloydminster. Heather brings her personal message about her life and the difficulties she has incurred due to substance use. Her message to youth and families is not to take away the fun of being a teenager; rather, she focuses on the decisions we make, and how a misguided choice around substance use can have significant consequences.

Heather is a youth counselor who delivers a strong, passionate message based on her life history and how one mistake she made in 1995, has resulted in years of pain and suffering. Throughout her sessions, Heather demonstrates to youth how her decision that night was not a snap decision. Instead it was a combination of her low self-esteem, and a struggle with her own identity. Her goal is to have the youth look at themselves and provide them with some knowledge and tools as to how to identify these factors and be able to seek assistance and to avoid the troubles they can find themselves in due to poor decisions. Her community presentation provides people with the opportunity to learn how to identify the factors that lead to poor decision making for youth and how to help youth in overcoming these difficulties.

Heather will be at four local schools during he time in Lloydminster as well as provide a session for parents and community members on Thursday February 9th; 7:00 at the Lloydminster Legacy Centre. People should contact the Community Youth Centre at 306-825-3113 to register for the community session, as there is limited seating.