

EPCA Spring 2026 Workshops

Transitioning to Cegép Successfully – April 21st, 2026

The transition to CEGEP can feel like a big shift, for both students and parents. This change, filled with more freedom, less structure, and increased responsibility, can be exciting but also unsettling for young adults who are still figuring themselves out. This workshop helps parents make sense of that shift and what it may look like in everyday life, from motivation and time management to decision-making and independence. It also focuses on how parents can adapt their support: knowing when to step in, when to step back, and how to stay connected without taking over. The goal is to help parents feel more confident supporting their child as they learn to manage their own life.

Transitioning to High School Successfully – May 14th, 2026

This workshop offers a clear and practical look at what is changing for today's adolescents as they enter high school, and why this transition can feel more complex than expected. Parents will gain insight into the key developmental shifts happening at this age, as well as the realities of growing up in a fast-paced, highly connected world.

Rather than focusing only on academics, this session explores the core skills students are need to thrive during this stage: how to manage themselves, handle challenge and distractions, and navigate increasingly complex social dynamics in a digital world.

Parents will leave with a better understanding of their evolving role, along with simple, concrete tools to support their child's growing independence while staying connected and steady through the ups and downs of this transition

Talking About Substance Use with Your Teens - May 27th, 2026

Substance use among adolescents has changed; from vaping and alcohol, to substances that are easier to access and harder to detect. This workshop gives parents a clear picture of what teens are exposed to today, and why they may feel pressure to experiment. More importantly, it focuses on what parents can *do*: how to start real conversations without shutting their child down, how to set clear and consistent boundaries, and how to guide their child through peer pressure and decision-making. Parents will also learn how to respond calmly and confidently when concerns arise, so they can remain a steady and trusted support in their child's life