

Parent Check-In #4: Keeping Teens Safe- Preventing Underage Substance Use/Misuse

Interactive workshop with FREE dinner and childcare* provided
May 13th from 6pm – 8pm
Kittery Community Center
120 Rogers Rd
RSVP at www.ctbh.org

**Please RSVP for childcare by May 9th, limited to 20 children.*

Come learn about what kids in our area are using, including alcohol and marijuana, and hear about trends like vaping. We'll talk about what you can do as a parent in a quick 15-minute mini-lesson format and discover what an ideal prevention community looks like! **This workshop is intended for parents only.**



Gina Brodsky, M. Ed in Counseling, is the Program Coordinator at the Choose To Be Healthy Coalition. Gina is a Certified Alcohol and Drug Counselor and has over 16 years' experience in the schools and Choose To Be Healthy helping to prevent substance misuse among youth. Gina is also an advisor for the chem-free youth group at York High School, TIDALWAVSE.



Sally Manninen, MA, is the Director of the Choose To Be Healthy Coalition and Community Health at York Hospital. Sally has over 20 years of experience in the field of prevention and public health and is a Certified Prevention Specialist.



Creating a healthier Southern York County
www.ctbh.org

This free workshop is sponsored by the Choose To Be Healthy Coalition and the Kittery Youth Committee. A \$5-\$10 suggested donation is appreciated to help offset costs. Free parenting book to the first 10 families in attendance.