



Help Your Family Have a Safer Summer

Did you know that summer is a time when **teens and young adults are more likely to begin or increase substance use?**

That is why **Center on Addiction | Partnership for Drug-Free Kids** is offering a free *Summer Success Series* facilitated by specially trained parent coaches and supported by clinical experts.

Join us for four (4) interactive online sessions specifically designed for parents and caregivers to address common issues encountered over the summer months, including extended curfews, changing sleep patterns and substance use .

Parents and caregivers can attend any or all of the 60-minute online sessions by simply clicking on the link below.

Visit surveymonkey.com/r/summer-series to register.

Summer Success Online Series

June 24-27, 2019

8:00pm ET/5:00pm PT

Monday, June 24

“How do I manage my emotions?”

addresses the anxiety you may feel trying to keep tabs on kids who have a great deal of free time. Learn a useful technique to help you remain calm.

Tuesday, June 25

“How do I set limits with my teen/young adult over the summer?” provides clarity on not only substance use, but also curfews, driving privileges, sleep patterns and more.

Wednesday, June 26

“How can I impose my own consequences that are fair and effective?” examines how to create meaningful ways to reduce unwanted behaviors.

Thursday, June 27

“How do I offer advice or information to my son or daughter?” introduces a tool to communicate limits and consequences so everyone understands what the expectations are and what will happen if they aren't met.

.....
: If you cannot attend on these dates or have questions now, please
: connect with our Helpline Specialists at drugfree.org/helpline.
: They will provide you with guidance and support specific to your
: situation with your child.
:

