

TALKING TO YOUR KIDS ABOUT DRUGS: WHY should you? WHAT should you say? HOW should you say it? January 24, 2017 @ 6-8pm

*Snow date February 7th

Ocean Community YMCA, One Harry Austin Drive, Mystic



Parents have the greatest influence over whether their kids use drugs. Communication is key! In this talk you will learn about:

- Current trends in drug use among tweens and teens.
- How to have an ongoing conversation about drugs with your kids.
- What to say and do if your child is already using drugs.
- General tips for setting boundaries and expectations with your child.

This talk is full of practical tips/resources and is relevant for parents with kids or young adults of ANY age as well as for grandparents, teachers, administrators, community leaders, and counselors.

Free Refreshments and Childcare

To Register, Call Stonington Human Services 860-535-5015 or
Online at stonington.recdesk.com



Alicia Farrell, Ph.D. is an accomplished cognitive psychologist, professional speaker and founder of Cleanview Consulting. Some of her noteworthy accomplishments include, 9 years as a university professor, twice a fellowship award recipient in support of research on Wisdom, published research scientist and an expert problem solver. Her life's work is to educate and coach people, and organizations, on how to maximize brain power and solve problems. She also has a private practice working with children, adults, couples and families who want to make healthy and durable changes in their lives. Dr. Farrell brings 20+ years of expertise and passion to her work.

