

THIRD ANNUAL



PARENT SUMMIT

My Choice Matters: Parenting to Prevent Substance Use

Sunday May 19, 2019 12:00pm – 3:30pm
Cape Codder, 1225 Iyannough Road, Hyannis

Parents and caregivers of children of all ages
are invited to attend this **FREE** event

Free Childcare and Snacks
Local Experts & Resources
Parent Toolkit

Vulnerable Children: What Parents Need to Know About Anxiety, Depression, and Substance Use

Lynne Griffin
Expert on Relationships and Family Life,
Author, Educator

Learn about:

- How to recognize symptoms of anxiety and substance use in teens
- Contributing factors to youth anxiety
- How you can help your teen develop positive coping skills to address stress and anxiety

Vaping: What Every Parent Needs to Know

Stacey M. Schakel
MSN, M.Ed., CAGS, RN, NCSN

Learn about:

- Ingredients in a vape – It's not just flavored water
- How youth are accessing e-cigarettes and vapes
- What you can do if your child is vaping

Agenda

12:00pm – 12:30pm	Registration and Meet with Local Experts
12:30pm – 12:45pm	Welcome
12:45pm – 3:00pm	Parent Workshops
3:00pm – 3:30pm	Wrap Up and Resources

CONTACT Kim Slade, Barnstable County Regional Substance Use Council | 508-375-6845 | kim.slade@barnstablecounty.org

If you are deaf or hard of hearing or a person with a disability who requires an accommodation, contact the Department of Human Services at 508-375-6628. Requests for sign language interpreter must be made by October 20, 2017.

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Registration is Required
visit: register.mychoicematters.net

My Choice Matters: Parenting to Prevent Substance Use is for parents of children of all ages and is designed to provide Cape Cod parents a deeper understanding of promoting resiliency and positive coping skills in their children as well as specific communication techniques. When it comes to substance use, choice matters – as parents and as community members. Believing that “My Choice Matters” we are empowered to make decisions that have a positive impact on our lives and the lives of those around us.

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This event is brought to you by the Barnstable County Regional Substance Use Council. Consisting of representatives from local government, elected officials, law enforcement, courts, schools, healthcare providers, and community coalitions, the RSAC was convened in 2014 by the Barnstable County Department of Human Services in response to a need for regional coordination around the issue of substance use.