

The Drug Free Communities
Program Presents:

Healthy Lifestyles
Education

Designed to raise awareness,
teach skills and provide
opportunity to discuss
important topics:

If you've ever asked
yourself these questions,
then this group is for you!

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| ? Alcohol/Drug
Prevention
Education | ? | "I know drugs and alcohol
are bad for me, but why
should that stop me?" |
| ? Increasing Self
Awareness | ? | "What have I come to
think/feel/believe about
myself, and why should I
care?" |
| ? Peer Influences | ? | "Does what my friends
think of me matter more
than ever?" |
| ? Enhancing Self-Esteem | ? | "How can I feel better
about myself?" |
| ? Promoting Self-Direction | ? | "What do I really want
out of life?" |
| ? Strategies for
Managing Your
Personal Energy | ? | "How do I get more
good days and less bad
ones?" |

Designed for groups of 8 to 10 students, and meeting over a period of 6 weeks. The purpose of this group is to give students an opportunity to come together in a safe environment, and to engage in discussion and education about life's choices. For further information contact Robin Kincaid at the Safe Schools Office at 282-0005, Extension 16.

Led by Credentialed Alcohol
and Substance Abuse Counselors,
Carol Colvin and Jim Larmondra,

Healthy Lifestyles Education Group

will meet every Thursday*,
from June 12th through July 24th,
(*We will not meet July 3rd)
from 6:00pm to 7:00pm at the
Cayuga County Safe Schools/
Healthy Students Partnership Office,
located at the Metcalf Building,
4th Floor,
144 Genesee St., Auburn.

Light refreshments will be served.

This is a free service
Provided by the
Safe Schools/Healthy
Students Partnership.

I give my child, _____,
permission to attend "Healthy Lifestyles
Education" group.

Parent's signature: _____