



NATURAL HIGHS: SUPPORTING TEENS IN MAKING HEALTHY CHOICES *with Matt Bellace, Ph.D.*

Parent/Community Education Events

2 different dates & locations -- Space is limited so reserve your spot soon!



DATE: Monday, April 23, 2018, 6:30pm - 8:30pm

LOCATION: Marin County Office of Education, Hollis Hall, 1111 Las Gallinas Avenue, San Rafael

DATE: Thursday, April 26, 2018, 7:00pm - 9:00pm

LOCATION: Redwood High School, Small Gym, 395 Doherty Drive, Larkspur

COST: FREE educational event for parents, community members and youth!

REGISTER: <https://drmattbellace-naturalhighs.eventbrite.com>

Rates of youth substance use in Marin County continue to be among the highest in California. We are facing new challenges with the legalization of cannabis, the ongoing epidemic of prescription drug use, and historically high rates of vaping and alcohol use among our youth. For over two decades, Matt Bellace, Ph.D., a clinical neuropsychologist, nationally recognized professional speaker and stand-up comedian, uses science and humor to convey his message to parents, youth and community members about making healthy choices, increasing resiliency in the face of stress and pursuing natural highs (e.g. laughter, meditation) as an alternative to substance use.

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