



Register Now for Family University April 20th at HHS 6:00 to 9:00 pm



What is Family U? An evening of virtual presentations by notable speakers held for HHS parents/guardians, concerned adults and high school students on a variety of topics that promote health and safety. For specific details, and to choose workshops before registering, see our [Brochure](#) and then [Register Online](#).

Youth Drug and Alcohol Survey Results

Both adults and students are invited to this presentation by Dr. Katy Roberts on the results of the most recent youth drug and alcohol survey. Learn how use rates in Hastings have changed over time as well as how Hastings compares to the rest of the nation. Linda Fosina will explain current prevention programs and those planned by the W.A.Y. Coalition in conjunction with schools and the Hasting's community. Join us with your questions and gain a basis for the important workshops that follow.

What workshops are available?

- Adults can choose from workshops on current youth drug trends, how they effect the brain and how to discuss this tough topic with your teen; how to identify typical teen behavior vs. a mental health challenge, the relationship to substance use and how to help; practical tools to help with the good effects of technology while not being derailed by the bad; and strategies for developing resiliency in your children.
- High school students can choose from topics ranging from managing stress through mindfulness; taking a non-judgmental look at what Cannabis is today, how it's changed and what risks are involved; having an honest conversation about mental health; and how mental health challenges and substance misuse are related.

How do I sign up? [Register Online](#). A link for the opening session will be sent after registration. If your schedule does not allow you to come to the entire event, feel free to attend the portions you can!

HOPE TO SEE YOU ALL AT FAMILY U!!

Sponsored by:



HHS PTSA, SEPTA, and the Hastings-On-Hudson School District