

# Spring 2017 Prevention Program for Parents

Monday, April 24<sup>th</sup>

6-8:30pm

Keynote Topic:

## Successfully Coping with Youth Stress and Anxiety

Litchfield Community Center  
421 Bantam Road  
Litchfield, CT



**6-6:30 Registration and Dinner**

**6:30-7:30 Keynote Speaker -**

Dawn de Pasquale, founder of Bell Mental Health Assoc., is a Licensed Mental Health Counselor with a Master's degree in Clinical Psychology from the University of Massachusetts at Dartmouth. She has worked in the field since 2000. Her focus is on the wellness of the entire person, not just the "presenting problem". Dawn co-authored "The Year of Fear: How to Embrace Your Fears and Live Your Best Life", and authored "Bats in the Belly", a children's guide to anxiety.

**7:30 Break/Resources/Refreshments**

**7:45 Prevention Workshops- choose one**

-Underage Drinking Prevention -

a look at current trends as well as tips for setting clear expectations and establishing safety nets for youth.

-E-Cig and Vaping-

prevalence of use and perceptions. What are the risks, how do we best inform youth and reduce use in our communities?

**8:30 Evaluations**

Light Dinner Provided-Register by 4/21/17-Space is Limited

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