

# 2017 YouthZone Substance Use Education Class



## Substance Education

By teaching young people to find in themselves the strength that they might otherwise try to gain from chemical substances, it is believed that teens can be taught the consequences of drug-related behavior and the benefits of natural highs.

### Focus Areas

- Gain facts about illegal drugs.
- Identify the signs of drug abuse.
- Develop healthy problem-solving techniques.
- Learn coping skills to improve self-esteem.
- Understand the legal ramification of drug use.
- Learn refusal skills to assist in peer pressure situations.
- Realize the importance of a healthy sense of self.
- Learn available resources for help.

### Rifle

Location: YouthZone, 136 East 12<sup>th</sup> Street  
Sign Up: 970-625-3141

Dates: **2017 Classes are held on Fridays of the following months.**

January 27	8:00 AM-12:00 PM
May 26	8:00 AM-12:00 PM
Sept. 29	8:00 AM-12:00 PM

### Glenwood

Location: YouthZone, 803 School Street  
Sign Up: 970-945-9300

Dates: **2017 Classes are held on Wednesdays of the following months.**

February 22	4:00-8:00 PM
April 19	4:00-8:00 PM
June 28	1:00-5:00 PM
August 23	1:00-5:00 PM
October 4	4:00-8:00 PM
December 27	9:00-1:00 PM

### Aspen

Location: 0405 Castle Creek Rd  
Sign Up: 970-945-9300

Dates: **2017 Classes are held on Wednesdays of the following months.**

March 29	4:00-8:00 PM
July 26	1:00-5:00 PM
November 29	4:00-8:00 PM