



## 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.

**\*\*Note: Youth and parent must meet with a YouthZone case manager prior to participating in a class\*\***

### RIFLE

Location: YouthZone, 136 East 12<sup>th</sup> Street  
Sign Up: 970-625-3141  
Dates: **2019 classes will be held on:**  
Tuesday, June 25 10:00 AM – 1:00 PM  
Thursday, Sept. 26 10:00 AM – 1:00 PM

### GLENWOOD

Location: YouthZone, 413 9th Street  
Sign Up: 970-945-9300  
Dates: **2019 classes held on:**  
Wednesday, June 26 4:00-7:00 PM  
Thursday, August 22 4:00-7:00 PM  
Thursday, October 24 4:00-7:00 PM  
Thursday, December 12 4:00-7:00 PM

### ASPEN

Location: 0405 Castle Creek Rd  
Sign Up: 970-945-9300  
Dates: **2019 classes held on:**  
Monday, November 14 4:00-7:00 PM