

## How to Help Teens Manage Stress and Stay Alcohol & Drug Free

*What role does stress play in substance use and abuse in adolescents?*

*How can parents and caregivers strengthen protective factors to keep teens healthy and drug free?*

*How should we talk to teens about alcohol, drugs and setting limits?*

Join Will Slotnick on May 22<sup>nd</sup> at 4pm as he helps parents sort through these issues while providing up to date information on alcohol, nicotine, marijuana and other drugs; warning signs of use and abuse; and strategies for teaching teens how to manage their stress.

Will is the founder & director of Wellness Collaborative, an organization dedicated to promoting health and preventing addiction in private and public school communities. Will has worked as a substance abuse prevention and wellness specialist for over 25 years, providing drug education, stress management and mindfulness training to students, parents, faculty and administrators at hundreds of schools across the United States.

**Will is also going to meet with all 7<sup>th</sup> through 10<sup>th</sup> graders at school on May 15<sup>th</sup> and 22<sup>nd</sup>. Students will be divided into groups by grade and take part in a discussion on how to manage their stress in order to avoid unhealthy coping strategies.**

Learn more about Will Slotnick and Wellness Collaborative at [www.wellnesscollaborative.org](http://www.wellnesscollaborative.org)

Please contact Jill Foley, School Counselor with any questions.  
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