



**Milton Substance Abuse
Prevention Coalition**



MSAPC PRESENTS WEBINAR WEDNESDAYS

MILTON LEARNS TOGETHER

*A Free Webinar Series
to Support Ourselves
and our Families*

ENTER THIS ZOOM LINK IN
YOUR BROWSER TO JOIN:

zoom.us/j/92433263470

MAY 6, 7PM

JON MATTLEMAN

TEENS, TWEENS AND QUARANTINES

A dynamic presentation for parents focusing on the impact of COVID-19 on our children, the issues of loss, independence and privacy, as well as suggestions that parents can implement immediately.



MAY 20, 7PM

**STORMY LEUNG
& MARY COLE**

HIDDEN IN PLAIN SIGHT

An interactive online exhibit will help parents learn about the tricks some kids use to hide illicit drugs and alcohol right under our noses. We will also learn about potential risks associated with smoking or vaping and COVID-19, resources for quitting, and how the tobacco and vaping industries are targeting our kids with new and emerging vaping and tobacco products.



MAY 13, 7PM

IVY WATTS

**THERE IS NO HEALTH WITHOUT
MENTAL HEALTH**

We all need to attend to our own mental health as well as our loved ones, especially in times like these. Let's learn about warning signs, self-care techniques and ideas for helping our families deal with stress and uncertainty.



MAY 27, 7PM

JOANNE PETERSON

ADDICTION: PREVENTION AND HOPE FOR RECOVERY

The founder and CEO of Learn to Cope will share what she has learned through her years of helping families who have loved ones struggling with addiction. Potential risky behaviors and warning signs of substance abuse will be explored, as well as what we all can do to support ourselves, our relatives and our neighbors when a family member becomes addicted to drugs or alcohol.

For further details: www.milton-coalition.org

Length of each webinar is 30 minutes + Q&A session | No Registration Required