



*Regional Drug Free Schools Committee  
Annual Legislative Breakfast*

*Medical and Recreational Marijuana Laws-*

*What's on the horizon for CT?*

*Wednesday, October 26<sup>th</sup>, 2016*

*8:30 am to 10 am*

*Ethan Allen Hotel*

*21 Lake Avenue Extension*

*Danbury, CT*

*Guests include **John Daviau, MACP**, President of CAPP (CT Association of Prevention Practitioners)  
& Connecticut SAM (Smart Approaches to Marijuana) and **Brian Sullivan, Esq.***

*Seating is Limited, Please **RSVP**- no later than Oct 21st*

*203.743.7741*

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# Parent Support Information

## Parent Support Groups:

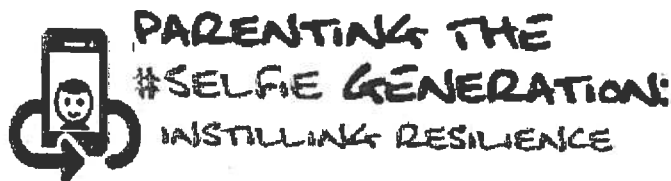
### Support Groups for parents concerned about teen/young adult substance use:

- **New Milford Parent support group:** meets the 4<sup>th</sup> Tuesday of each month @ the Maxx, 94 Railroad St. 6:30-8:00. Contact: New Milford Youth Agency [laura@youthagency.org](mailto:laura@youthagency.org) (860) 210-2030
- **Brookfield Cares Hope and Support Group** that meets every Monday 7-9 @ Brookfield Senior center. <http://brookfield-cares.org/>
- **Newtown Hope and Support group** that meets weekly on Thursdays 7-9 PM @ Edmond Town Hall. <http://newtownparentconnection.org/support-groups/hope-and-support>
- **Wolcott Crossroads support group** meets weekly @ Wolcott Activities and Learning Center 48 Todd Road Wolcott, CT 06716 Mondays 7:30 - 9pm (203)-560-1665
- **MCCA New Milford has a How to Cope program** for families. This is a more structured 6 week program for parents (203) 456-0528 <http://mccaonline.com/our-programs/outpatient/how-to-cope/>

## Online support/information:

- drugfree.org has great information and a parent helpline: 1-855-378-4373
- The 20 minute guide for parents is a good online resource for guidance in dealing with a loved one's substance use and addiction <http://the20minuteguide.com/parents/#.U7RtP2Cx7IU>  
This can also be accessed through drugfree.org

**Al-anon CT** offers support for families of loved ones who have a problem with alcohol, but it is open to family members of loved ones with problems with use of any substance <http://www.ctalanon.org/>



## **2016-2017 Schedule of Parent Workshops**

a collaboration with

Ridgefield Public Schools, Ridgefield Council of PTA's, Ridgefield Library, Ridgefield Youth Commission, Books on Common, Project Resilience, Town Vibe and Silver Hill Hospital

**September 27, 2016: (Tuesday, 7:00 pm, Ridgefield Library)**

***"The World of Work: Getting Your Teen Ready Begins Now"***

Jeffrey Selingo, author of "There Is Life After College" with book sale and signing

**October 4, 2016: (Tuesday, 7:00 pm, Ridgefield Library)**

***"Stress Busters: Teaching Your Kids to Cope Effectively"***

Tracy Masella, LCSW (Silver Hill), Leslie Cohen-Rubury, LCSW;  
Elizabeth Archibald, MPH, RD; Kristin Kleis (Ridgefield Public Schools)

**November 1, 2016: (Tuesday, 7:00 pm, Ridgefield Library)**

***"Sexting, and Hooking Up: Talking With Your Teen About Sex and Healthy Relationships "***

Kate Ott, author of *Sex + Faith: Talking to Your Child from Birth to Adolescence*; book sale/signing  
Anne Rodwell-Lawton, Director of Education, Women's Center of Greater Danbury

**December 1, 2016 (Thursday, 7:00 pm, Ridgefield Library):**

***"When Kids Won't Go: Coping with School Avoidance and Anxiety***

Aaron Krasner, M.D.; Silver Hill Hospital

**January 24, 2017 (Tuesday, 7:00 pm, location TBD):**

***"How to Raise an Adult:***

***Break Free of the Overparenting Trap and Prepare Your Kid for Success"***

Best-selling author and dean at Stanford University will discuss the crucial skills necessary for success in college and beyond. (Nominal admission fee; book sale / signing)

Julie Lythcott-Haims

**February 7, 2017 (Tuesday, 7:00 pm, Ridgefield Library)**

***"Interning for Adulthood: Essential Skills Teens Need to Succeed in Adulthood"***

TBA

**March 9, 2017 (Thursday, 7:00 pm, Ridgefield Library):**

***All Our Children: Understanding the LGBTQ World***

Cathy Plourde, M.A.

**April 4, 2017 (Tuesday, 7:00 pm, Ridgefield Library):**

***"Tweets, Sexts and Taunts: What Parents Need to Know About Teens and Social Media"***

TBA

Each workshop will be followed the next day by a brown-bag lunch discussion, 12 noon, at Ridgefield Library  
For more information and locations, like us on Facebook (Project Resilience) Admission is free (except Jan. 24th) but registration is requested. Please go to [www.ridgefieldlibrary.org](http://www.ridgefieldlibrary.org) or call 203-438-2282