



Family Date Night

As a parent, you are the strongest influence in your child’s life, especially when it comes to preventing drug and alcohol use. In fact, teens whose parents talk to them about the risks of drugs and alcohol are much less likely to use them. This series will give you the information you need to start these important conversations. In this free 3-part dinner series, engaging prevention educators will provide important information aimed to empower you and your teen to make healthy choices in the years ahead. Spanish interpreters will be available.

**Three-part dinner series for teens ages 12 -17 and their parents.
Free event includes dinner each evening. Must pre-register to reserve your seat.**

Tuesdays, Feb 4th, 11th and 18th
6:30 to 8:00 pm

Marco Forster Middle School
25601 Camino Del Avion, San Juan Capistrano

Register online: www.Bit.ly/DATENIGHT-MF
By phone: (949) 499-7292

Wednesdays, Feb 19th and 26th, Mar 4th
6:30 to 8:00 pm

San Clemente Community Center
100 N. Calle Seville, San Clemente

Register online: www.San-Clemente.org
By phone: (949) 361-8264

1 Why are e-cigarettes and vapes harmful for young people?

Vapes are one of the fastest growing trends among teens. Find out how they work and what's in them, so you and your family better understand the health risks.

2 What do you and your teen need to know about today’s marijuana?

Although often touted as "natural" marijuana is particularly harmful to the developing teen brain. Learn how today's potent marijuana can impact academics, athletic performance and teen mental health.

3 Why do we make young people wait until 21 to drink alcohol?

A young person's body does not cope with alcohol the same way as an adult’s does. Learn how alcohol can affect teen development along with strategies to guide young people toward making healthy choices.

For questions or more info contact: Marci.Mednick@stjoe.org or at (949) 499-7292.