



Family Services, Inc.

Online Interactive Webinar Series **For Middle and High School Students** **Held on Zoom**

June 17th, 2020 Starts at 1p.m.

The Teenage Brain: How Normal Adolescent Development Presents Increased Risk for Addiction.

June 24th, 2020 Starts at 1p.m.

Addiction-The Downhill Slide: This activity allows participants to experience the unhealthy effects of addiction. Including loss of materials, family, and freedom.

July 1st, 2020 Starts at 1p.m.

Stress Management: This activity allows participants to better understand stress and how it is a daily part of life. Good stress- physical activity; Bad stress- too much homework.

July 8th, 2020 Starts at 1p.m.

Peer Pressure: This activity allows participants to experience how peer pressure works and strategies to get out of situations.

July 15th, 2020 Starts 1p.m.

Vaping 101: A powerpoint presentation describing the effects and dangers associated with vaping THC/the active ingredient in marijuana that allows people to get high and vaping nicotine the active ingredient in tobacco that ensures people to become addicted.

July 22nd, 2020 Starts 1p.m.

Coping Skills in Times of Distress: Life is a series of ups and downs. When we feel down for too long distress may occur. This activity helps participants cope with those down times.

All online classes are held at your home for 45-60 minutes
Registration is required

To register and receive the Zoom code and materials, please contact:

Joe Thayer, M.A., Certified Prevention Consultant-R
Director of Community Programs- Macomb Family Services
jthayer@macombfamily.org
(586) 752-9696 Ext. 211
124 West Gates, Romeo, MI 48065