

#YouthCulture Workshop Series

At the Poe Center for Health Education - free of charge!

What is our #YouthCulture workshop series?

This series is designed to empower parents/guardians by providing up-to-date information on substance use prevention, internet safety, and relationships to support healthy choices. During this series, we will also offer separate Youth Programs that complement adult programs.

NEW!

Come and see our BRAND NEW Substance Use Prevention Theater, sponsored by Blue Cross and Blue Shield of North Carolina!

NEW!

| Session ID | Date & Time | Adult Program* | Youth Program |
|------------|--|--|---|
| 1 | Thursday, February 20 6:30 p.m. - 8:00 p.m. | #YouthCulture: Adolescent Brain Development & Addiction | For the Health of It (for Middle Schoolers) |
| 2 | Thursday, March 5 6:30 p.m. - 8:00 p.m. | #YouthCulture: Adolescent Brain Development & Social Media | Digitally Literate Youth (for Middle-High Schoolers) |
| 3 | Thursday, March 26 6:30 p.m. - 8:00 p.m. | #YouthCulture: E-Cigarettes 101 | Vaping 101 (for Middle-High Schoolers) |
| 4 | Thursday, April 23 6:30 p.m. - 8:00 p.m. | #YouthCulture: Healthy Teen Relationships | HERO Bullying Prevention (for Elementary-Middle Schoolers) |
| 5 | Thursday, May 7 6:30 p.m. - 8:00 p.m. | #YouthCulture: Opioids 101 | Understanding Opioids (for High Schoolers) |
| 6 | Thursday, May 21 6:30 p.m. - 8:00 p.m. | #YouthCulture: Navigating "The Talk" | Choices & Consequences (for Elementary Schoolers) |

**NC Substance Abuse Professional Practice Board hours will be available for adults sessions.*

All sessions are located at the Poe Center. Light snacks will be served!

Attend any and all workshops.

Visit our website to learn more about specific programs.

To reserve your spot, register online at <https://bit.ly/2RrRw5q>

Please contact Susan Foster with questions at s.foster@poehealth.org