

PREVENTION

WORKS

Educate ■ Collaborate ■ Motivate

formerly known as Chautauqua Alcohol & Substance Abuse Council (CASAC)

February, 2020

*Building a safe and healthy environment
by effectively educating the community on positive life choices.*

At a glance...

Children of Alcoholic's Week is celebrated internationally each year during the week of Valentine's Day. This campaign is led by the National Association for Children of Alcoholics (NACoA), but Prevention Works will be raising awareness of children affected by parental alcohol problems throughout the entire month of February.

Free Online Trainings: Stress Management Training (Ongoing)

This free online training is presented by two of Prevention Works Educators, Trish Whetstone and Alex Rodriguez. The training discusses life skills as they relate to stress management and growth mindset. You will learn the "flavors of stress", how to identify causes of stress, and review coping skills. The instructors also define what a growth mindset is and skills needed to promote growth mindset in your environment.

Marijuana & Adolescent Brain Development Training (Ongoing)

This free online training will review different components of marijuana and how it has changed. The instructors discuss the neural and behavioral risks associated with adolescent use, and will summarize two types of addiction and its impact on adolescent brain

Monthly Media Campaign: Children of Alcoholics Awareness Month



A letter for you!

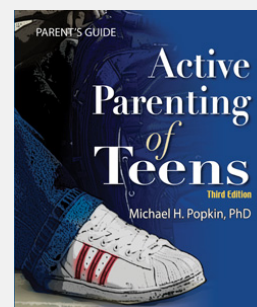
Parenting Classes:

Active Parenting of Teens

Dates: Wednesdays, February 5 & 12, 2020

Time: 12:00 pm - 2 pm

Place: Mental Health Association,
31 Water Street, Door 14, Suite 7,
Gateway Center, Jamestown, NY



First Five Years

Dates: Wednesdays, February 19,

development.

February Events:

Prevention Works Board Meeting
February 12
4:15 pm

Presidents' Day
Prevention Works Offices Closed
February 17

26, March 4 & 11

Time: 12:00 pm - 2 pm

Place: Mental Health Association,
31 Water Street, Door 14, Suite 7,
Gateway Center, Jamestown, NY



ACTIVE PARENTING
First Five Years

Parenting Classes sponsored by United Way
of Southern Chautauqua County

About Us

Since 1974, Prevention Works, formerly known as CASAC, a United Way partner agency, has provided social emotional learning and the prevention of risky behaviors in Chautauqua County School Districts and our local community. Prevention Works is the only New York State Office of Addiction Services & Supports (OASAS) approved and supported alcohol and other drug prevention agency in Chautauqua County. For further information about Prevention Works programs and services, call the Jamestown office at 664-3608, or the Dunkirk office at 366-4623, or go to Prevention Works' website, www.preventionworks.us.

[Visit our website](http://www.preventionworks.us)

Donate to keep our community thriving.

716-664-3608

716-366-4623

email: info@preventionworks.us

website: www.preventionworks.us

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