

Tips and resources for adults to better support youth mental health



# let's talk

student wellness series

This Month's Topic  
**Youth Substance Use and Recovery**



**September 21, 2023**  
4:00 pm - 5:00 pm



**Tri-City Wellness Center**  
1403 N Garey Ave, Pomona

**Join us on Zoom or in-person!**

**Every 3rd Thursday of the month**  
Open to educators, service providers, parents, caregivers and community

**Talking with kids and teens early and often about substances can significantly reduce the risks associated with youth using and misusing drugs and alcohol.**

Join us as our Co-Occurring Support Team (COST) shares about common substances used by youth, and family roles in drug and alcohol addiction. We'll explore the importance of family education and support, age-appropriate conversations and local community resources to support families and youth recovery.



**Register for free**

Scan the QR code or visit the link below to sign-up for upcoming workshops!

[bit.ly/MHSSAwellness](https://bit.ly/MHSSAwellness)

**For more information**

**Mental Health Student Services Act Grant**  
Deborah Johnson, LMFT  
Child & Family Services Program Manager  
djohnson@tricitymhs.org | (909) 766-7307