

Free Online Workshops for Teens and Parents



- ◆ **Alcohol/Cannabis and Youth** - health effects of alcohol and cannabis, laws, and advertisement tactics that can affect young people
- ◆ **Vaping and your Health** — Nicotine and Cannabis facts, trends, and interventions
- ◆ **Family Empowerment** — Teen brain development, connecting, and exploring values and goals together as a family



Weekly Online Workshop **Schedule:**

Tuesdays , 6-8pm

Please see reverse for details

To register for the workshop please call
Maritza Leon at 503-593-0014 or go to
nwfs.org/familyworkshops.html

Pre-registration required

Please call (503) 593-0014 or register at nwfs.org/familyworkshops.html

*This program is funded by Multnomah County Mental Health and Addiction Services and
SAMHSA SPF-PFS*

Workshop Schedule 2020 - 2021

MONTH/YEAR	DATE	TIME	LOCATION
September 2020 Family Empowerment	9/29/2020	6-8pm	Online
October 2020 Vaping and your Health Cannabis and Youth Alcohol and Youth Family Empowerment	10/6/2020 10/13/2020 10/20/2020 10/27/2020	6-8pm	Online
November 2020 Cannabis and Youth Alcohol and Youth Family Empowerment	11/10/2020 11/17/2020 11/24/2020	6-8pm	Online
December 2020 Vaping and your Health Cannabis and Youth Alcohol and Youth Family Empowerment	12/1/2020 12/8/2020 12/15/2020 12/22/2020	6-8pm	Online
January 2021 Vaping and your Health Cannabis and Youth Alcohol and Youth Family Empowerment	1/5/2021 1/12/2021 1/19/2021 1/26/2021	6-8pm	Online
February 2021 Vaping and your Health Cannabis and Youth Alcohol and Youth Family Empowerment	2/2/2021 2/9/2021 2/16/2021 2/23/2021	6-8pm	Online
March 2021 Vaping and your Health Cannabis and Youth Alcohol and Youth Family Empowerment	3/2/2021 3/9/2021 3/16/2021 3/23/2021	6-8pm	Online
April 2021 Vaping and your Health Cannabis and Youth Alcohol and Youth Family Empowerment	4/6/2021 4/13/2021 4/20/2021 4/27/2021	6-8pm	Online
May 2021 Vaping and your Health Cannabis and Youth Alcohol and Youth Family Empowerment	5/4/2021 5/11/2021 5/18/2021 5/25/2021	6-8pm	Online
June 2021 Vaping and your Health Cannabis and Youth Alcohol and Youth Family Empowerment	6/1/2021 6/8/2021 6/15/2021 6/22/2021	6-8pm	Online