



# **PORT JEFFERSON SCHOOL DISTRICT**

## **PARENT WORKSHOP SERIES**



**All workshops will take place in the  
Earl L. Vandermeulen High School Auditorium  
350 Old Post Road, Port Jefferson, NY 11777**

**OR**

**Attend virtually using the following link:**

**[meet.google.com/nvf-pjen-dsb](https://meet.google.com/nvf-pjen-dsb)**

**These workshops are for PARENTS/GUARDIANS ONLY**

### **Why Do Students Self-Medicate?**

**DATE/TIME: Wednesday - March 6, 2024 @ 7:00 PM**

**PRESENTER: David Hymowitz - #SameHere Global**

People utilize a host of mechanisms to cope with stress and difficult life situations. One of those coping tools are substances. There is a belief that the choice of substance may be linked to one's primary emotional state. This workshop will discuss ways to prevent and support students that may be heading towards and actually self-medicating their feelings.

### **How to Have a Discussion with Children about Substance Use**

**DATE/TIME: Wednesday - April 3, 2024 @ 7:00 PM**

**PRESENTER: David Hymowitz - #SameHere Global**

Traditional workshops educate adults on how to talk **TO** children. Talking **TO** children is the same as talking **AT** them, which means they probably aren't really listening. This workshop will demonstrate effective ways to engage your children in a discussion about substance use by using active listening skills. Listening allows them to examine their feelings and beliefs about the potential role of substances in their lives.