

TRACY UNIFIED SCHOOL DISTRICT PRESENTS:

PARENT EDUCATION

De-MISTifying Vaping:
Preventing and
Responding to our Kids'
Nicotine & Cannabis Use

Speaker

**KRIYA LENDZION NCC,
LCMHC, LCAS, CPS**



DISCUSSION & INSIGHTS

Youth vaping of nicotine and cannabis has exploded in recent years, starting younger, and with escalating negative impacts on our kids' physical, mental, and cognitive health. It can be hard to know which "facts" to trust and how to talk about or set boundaries on these substances with our kids when they're legal, everywhere we turn, and some of us adults use ourselves.

Come find out the latest research on the risks of vaping for our adolescents, and how to maintain realistic expectations and ongoing conversations about them with our kids of all ages, including responding artfully if we discover them using.



Wednesday, October 16th



6:30 pm - 7:30 pm



Grand Theatre Center for the Arts
715 N Central Ave, Tracy, CA
95376

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