



Building Resilience: Empowering Students to Thrive

Join us for a **FREE** virtual community event focused on youth mental wellness and substance abuse prevention. This essential presentation will provide parents, educators, and community members with practical strategies to help young people build resilience against today's challenges.

Event Details

Date: May 28, 2025

Time: 7:00 PM - 8:00 PM

Format: Zoom Webinar

Cost: FREE

Q&A session follows presentation

Brought to you by

Long Island P.R.E.P.

Key Topics

- Building youth resilience against peer pressure
- Countering misinformation with fact-based education
- Strategies for limiting access and exposure
- Enhancing parental involvement and communication

How to Join

Access the meeting via Zoom:

[Click here to join](#)

Or Visit :

<https://us02web.zoom.us/j/89606844286?pwd=YeAoTo6Hfa6qWtpiBV1YqUISpeb8lv.1#success>

This presentation offers valuable insights into the key pillars of substance abuse prevention education. Participants will leave with practical tools to empower youth in making healthy choices. Don't miss this opportunity to connect with experts and fellow community members committed to supporting young people's wellbeing.

Questions? Please email a.rullan@longislandprep.org.