

iCARE: Caregivers Advancing Resilience and Empowerment



iCARE is a new free program for caregivers looking for self-paced education and tips about navigating adolescent substance use. This program is funded by the Massachusetts Department of Public Health, and can be completed on a computer/tablet or phone. Available in English, Spanish, and Portuguese!

iCARE has 4 modules:

Neurobiology of Substance Use

Industry Tactics & Media Literacy

Risk and Protective Factors

Effective Communication

Scan code below to watch
our promo video!



Scan code below to sign up!



Learn more: www.idecidemymfuture.org/icare/

Contact us: idecide@mgh.harvard.edu



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