

# **How to Help Kids Manage Stress & Stay Alcohol & Drug Free**

**Will Slotnick**

*November 17<sup>th</sup>, 7-9 PM*

*Chenery Middle School Community  
Room*

***What role does stress play in substance use and abuse in adolescents? How can parents and caregivers strengthen protective factors to keep kids healthy and drug free? How should we talk to kids about alcohol, drugs and setting limits? Join Will as he helps parents sort through these issues while providing up to date information on alcohol, tobacco and other drugs, warning signs of use and abuse and strategies for teaching kids how to manage their stress.***



***Will Slotnick is the Founder & Director of the Wellness Collaborative, an organization dedicated to promoting health and preventing addiction in private and public school communities. Will has worked as a substance abuse prevention and wellness specialist for over 25 years and has provided drug education, stress management and mindfulness training to students, parents, faculty and administrators in public and private schools throughout the U.S.***

*This program is sponsored by the Belmont Health Department and the Belmont Public Schools.*