

Empowering Youth & Families Program

For Middle School Youth and their Caregivers

Program Will Begin:
October 2021

Self-Care matters now, more than ever

Spend a fraction of your time with your community
- you won't regret it

Designed to

- Improve family relationships and communication skills
- Educate communities about protective factors
- Build resilient people, strong families, and powerful communities
- Prevent youth substance misuse before it begins



Included in registration, free of cost:

- 10 virtual sessions
- Dinner provided for each family once a week
- Opportunity to grow closer as a community
- Register your family today!



NC STATE

EXTENSION

Family & Consumer
Sciences Program

SAMHSA
Substance Abuse and Mental Health
Services Administration

Visit us at opioidpreventionnc.org

North Carolina Cooperative Extension is an equal opportunity provider.

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