

Sunday, November 20

12:00 PM - 3:30 PM

Cape Codder  
1225 Iyannough Rd,  
Hyannis, MA



### Agenda

**12:00 PM – 12:30 PM**

Registration, lunch, and meet with local experts

**12:45 PM – 1:45 PM**

Keynote Speaker

**2:00 PM – 3:00 PM**

Parent Workshops

**3:00 PM – 3:30 PM**

Wrap Up and Resources



# *My Choice Matters :* Parenting to Prevent Substance Use

## 2016 First Annual Parent Summit

Parents and caregivers of children of all ages  
are invited to attend this **FREE** event

**Free Childcare**

**Local Experts & Resources**

**Parent Toolkit**

### Keynote

***The Teen Brain and Risk Taking***

Dr. Ruth Potee M.D.

### Ages 0-7

***Raising Healthy Families***

Cindy Horgan, Executive Director  
Cape Cod Children's Place

### Ages 8-14

***Risky Business: Promoting Protective Factors***

Traci Wojciechowski, Regional Director  
Student Assistant Programs, Caron

### Ages 15-21

***Stressed Out: A Millennial's Anthem***

Tom Hermanowski, Founder  
Alcohol & Drug Abuse Prevention Training

If you are deaf or hard of hearing or a person with a disability who requires an accommodation, contact the Department of Human Services at 508-375-6628 or TTY 508-362-5885.

Requests for sign language interpreter must be made by November 1, 2016.

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Need more  
information?

Contact Kim Slade at  
kim.slade@barnstablecounty.org  
508-375-6845

Supported by:



# ***My Choice Matters :*** **Parenting to Prevent Substance Use**

## ***First Annual Parent Summit***

Local surveys show that most teenagers on Cape Cod do not drink alcohol or use other substances. But there is still work to be done.

When it comes to substance use, choice matters – as teens, as parents and as community members. Believing that “My Choice Matters,” we are empowered to make decisions that have a positive impact on our lives and of those around us.

Challenging all of Cape Cod to examine how their choices influence others, “My Choice Matters” is a message of hope - one of a community ready to take action.

## **Registration**

[www.tinyurl.com/capecodparentsummit](http://www.tinyurl.com/capecodparentsummit)

*This event is brought to you by the **Barnstable County Regional Substance Use Council**. Consisting of representatives from local government, elected officials, law enforcement, courts, schools, healthcare providers, and community coalitions, the RSAC was convened in 2014 by the Barnstable County Department of Human Services in response to a need for regional coordination*