

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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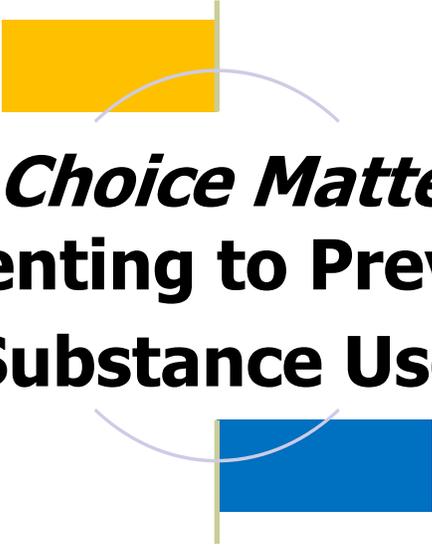
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Need more  
information?

Contact Kim Slade at  
[kim.slade@barnstablecounty.org](mailto:kim.slade@barnstablecounty.org)  
508-375-6845



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

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

***My Choice Matters: Parenting to Prevent Substance Use*** is for parents of all ages and is designed to provide Cape Cod parents with information from local experts on strategies for positive, effective parenting and practical tips for communicating with their children. When it comes to substance use, choice matters – 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 the lives of those around us.

## **Registration Required**

[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 around the issue of substance use.*