

Happy Holidays from the Center for Prevention & Counseling's family to yours! Check out the activities and resources to help keep your family connected this holiday season and throughout the new year.

Dinner Table trivia

Make dinner more time fun with trivia!

Q. If you had to eat one food for the rest of your life, what would it be?

Q. On average, what age is the brain fully developed? *

Q. If you could make three family rules, what would they be?

Q. Would you rather travel back in time or into the future?

Q. What is one way you can say no to someone trying to get you to do something you do not want to do?

*A. 25 years old!

Conversation Tips

Check out the tips below for talking to your youth about important topics.

01

Talk, listen AND connect. Connection is the best prevention.

02

Have open and honest conversations.

03

Set clear family rules and expectations.

04

Have short and frequent conversations. Avoid judgement.

05

Build your child's strategies for avoiding drinking and drug use.



Talk They hear you!

How do you answer your child's tough questions?

Answering questions about alcohol and other drugs can be difficult. Be prepared!



Holiday Crafts

Scan the QR code for fun craft ideas and directions



Frequently asked questions



I have concerns about my child's behavior. What should I do?

We understand that you want the very best for your child. Our **TAG (Think. Act. Grow.) Program** teaches kids to make good choices by giving them healthy coping methods and the right "tools" for decision-making. Contact **Jenn@centerforprevention.org** or call **973-747-1147** to learn more.

Our family recently moved to Sussex County. Where can we find free and fun activities that will help us bond and meet other families?

Our agency offers a free program for your family to grow and become stronger through fun activities. Dinner and giveaways are included and you'll meet other local families, too! Email **info@centerforprevention.org** for details.

My child has been vaping. How can I help them quit?

Helping a child quit vaping can be stressful and frustrating. There's a simple way to get help! Text **VAPEFREENJ to 88709**! This free and anonymous text program uses messages from other young people who have attempted to or successfully quit vaping.

Drug/alcohol use is negatively impacting my life. I'm not sure if I'm addicted, but I have questions and need support.

We offer programs, coaching, counseling and support no matter what you are using and whether you want to manage, reduce, or stop substance use, or you're being affected by the substance use of another. **Call/text 24/7 to 844-722-5327** to speak with someone who can answer questions and guide you to support.

I'm a person in recovery searching for free resources, meetings and sober events



The **Sussex County Recovery Community Center at 65 Newton Sparta Rd, in Newton** is a supportive family-friendly space for meetings, sober events, and volunteer opportunities. Visit **centerforprevention.org/rcc**

I'm looking for information on free local health and wellness programs and resources

The Sussex County Prevention Warmline links residents to prevention programs and provides assistance connecting with local and state family support services.

Call 973-383-4787 or email info@centerforprevention.org

Trained staff are available weekdays from 9:00am to 4:00pm.

The Center for Prevention & Counseling is a friendly and helpful nonprofit that's been making Sussex County healthier and happier for 50 years. We offer many free programs to help kids, adults, and families stay away from drugs and live their best lives - addiction-free! To learn more about us visit **centerforprevention.org** and follow us on social media.

