

Confidential Help For Alcohol & Drugs, Inc.

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75 Genesee Street Auburn, New York
315.253.9786

www.chadcounseling.org

Prevention Staff:

JoLynn MulHolland, BA

JoLynnM @chadcounseling.org

Jim Hodges, CPP

JimH@chadcounseling.org

Regina Delaney, MS, Ed.

ReginaD@chadcounseling.org

It is known that alcohol and drug use/misuse amongst youth increases during the summer months. Have an open, honest conversation with your child about the harms of alcohol and drug use. Parents are the #1 prevention tool when it comes to keeping kids healthy, safe and drug-free!

Unplug devices, get outdoors and get active

The Finger Lakes is home to a plethora of trails, waterfalls, state parks, museums, and historical sites to visit. <https://www.visitfingerlakes.com/things-to-do/outdoors/>

Check your local library for summer activities on their website or Facebook page. Also search the YMCA, Camp Gregory, Cayuga Museum Hands-On History Camp, Booker T. Washington Community Center, Champions for Life, Pappy's Champs, Schweinfurth Art Museum, Play Space, Auburn Public Theater, Perform 4 Purpose, Fillmore Glen Summer Recreation Program for activities and *scholarships. You must inquire about scholarships. You will be surprised at what organizations can offer you.*

There is Free swim and tennis lessons at Casey Park Auburn. The pool is open for recreational swimming to all Auburn residents.

Check www.auburnny.gov or follow "City of Auburn Parks and Recreation" on Facebook for all the fun, free, kids activities and events this summer.

Local churches offer Vacation Bible School.



Summer Safety is as Important as Summer Fun

- Drink plenty of fluids, regardless of your activity level. Don't wait until you feel thirsty and don't drink liquids that contain caffeine, alcohol or large amounts of sugar — these actually cause you to lose more body fluids.
- Wear appropriate clothing, such as lightweight, light-colored, loose-fitting clothing, a wide-brimmed hat and sunglasses.
- Schedule outdoor activities carefully – plan your activities during morning or evening hours rather than during the sun's peak times. Also, try to find as much shade as you can and rest often.
- Pace yourself – if you're not accustomed to being in heat, don't push your body to stay out in it all day.