

GRAYS HARBOR COMMUNITY PREVENTION NEWSLETTER

Meet our Coalitions!

My TOWN Coalition -Hoquiam-



**My TOWN Coalition
Coordinator: Rebecca Ruiz**

Mission: Provide leadership and partnerships to implement strategies that promote a healthier community and improve student success.

Harbor Strong Coalition -Aberdeen-



**Harbor Strong Coalition
Coordinator: Haley Falley**

Mission: Prevent & reduce substance use & related problems to youth, adults & families by providing leadership, education & community partnerships promoting a healthy & positive lifestyle.

Elevate East County Coalition -Elma-



**Elevate East County Coalition
Coordinator: Michael Rains**

Mission: To empower our community with the knowledge and resources needed to build a brighter tomorrow for our youth

Vision: We will have resilient youth who will choose to rise above using alcohol and other drugs and make healthier choices for themselves and our future generations

Contact Us!

 rruiz@Graysharbor.us

 [@My TOWN Coalition](https://www.facebook.com/MyTOWNCoalition)

 Haley.Falley@Graysharbor.us
 [@Harbor Strong Coalition](https://www.facebook.com/HarborStrongCoalition)

 ElevateEastCounty@esd113.org
 [@Elevate East County](https://www.facebook.com/ElevateEastCounty)

BENEFITS OF JOINING A COALITION:

Join Us!

- Support youth health & well-being
- Engage with the community
- Free training opportunities
- Learn skills to increase family bonding
- Raise awareness
- Positive activities for youth
- Leadership opportunities

Partners for Healthy Communities

Community Prevention & Wellness Initiative

CPWI is a partnership of state agencies, counties, schools and local prevention coalitions supporting communities in preventing alcohol and other drug abuse and its negative consequences.

CPWI priorities include reducing underage drinking, marijuana use and opioid misuse/abuse among middle and high school aged youth. By providing evidence-based practices and promoting the positive changes in communities, we can build healthier communities.



Mark Your Calendars!



- April 7 - Youth & Family Movie Night
- April 10 - Elevate East County Coalition Meeting - 2nd Monday of every month
- April 13 - Vape 101 Education Training
- April 14 - Mason Prevention Summit
- April 19 - My TOWN Coalition Meeting
- April 22 - Rx Take Back Day
 - Aberdeen
 - Elma
- April 22 - Quinault Wellness Center Race to Recovery 5K
- April 28 - Harbor Strong Coalition Meeting
- May 9 - Elevate East County Town Hall

En Español!

- Parenting Wisely - Edición para niños pequeños

VAPE 101 EDUCATION

E-cigarettes, also called vapes are battery-operated products that deliver nicotine, cannabis, and/or other chemicals via inhalation. This mode of nicotine and cannabis use comes with a host of public health concerns, especially for youth.

Join the webinar for A deep dive into vaping, including the devices used, their contents, health effects, current trends, and youth-specific concerns

By Washington Poison Center
F. 800-222-1232

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YOUTH & FAMILY LINK

April 13th
3-4 PM

SCAN QR CODE TO JOIN WEBINAR
OR USE THIS URL - [HTTPS://US06WEB.ZOOM.US/J/83450580341](https://us06web.zoom.us/j/83450580341)