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## **Prevention Today**

A NWCSB Prevention Department Publication June 2020 | Volume 3

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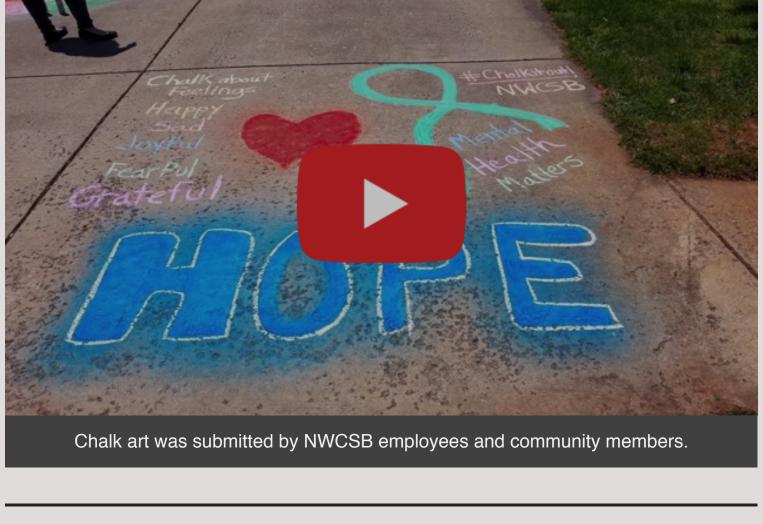
## FAITH BASED WEB SERIES STRESS & ANXIETY A SERIES THAT FOCUSES ON THE INTERSECTION OF STRESS/ANXIETY, COVID-19, AND SUBSTANCE MISUSE IN OUR COMMUNITY. WE HOPE TO SHARE TOOLS FOR TAKING CARE OF YOUR COMMUNITY DURING THIS GLOBAL PANDEMIC. Northwestern JUNE 4TH 10:00-11:30AM Prevention NWPREVENTION.ORG **Co**llaborative Join the Northwestern Prevention Collaborative for a morning of

learning & collaboration among community members. Register at: https://zoom.us/meeting/register/tJYod-CgrTwpHNZJIBn2c\_X6DQnTqRYqYHHI

Upcoming Regional Book Read of "Childhood Disrupted" by **Donna Jackson Nakazawa** Contact your local coalition, as they will be scheduling a virtual book club meeting to discuss the book and have a limited number of books available upon request. Snag your copy and be part of this regional event. Warren County Residents, contact Christa Shifflett at <a href="mailto:Christa@warrencoalition.org">Christa@warrencoalition.org</a> Page County Residents, contact Megan Gordon at pageallianceforcommunityaction@gmail.com Shenandoah County Residents, contact Rebekah Schennum at shencofyichair@gmail.com Winchester, Frederick and Clarke County Residents, contact Lauren Cummings at <a href="mailto:lcumming@valleyhealthlink.com">lcumming@valleyhealthlink.com</a>



Our Let's Chalk About Mental Health campaign wrapped up last week, and we are amazed by the conversations started in the community! Check out this video for a compilation of your artwork, and the hashtag #NWChalksAboutMH for the resources we shared throughout the month of May.





COVID-19 response. You can find the guide at: youthresourcealliance.org **Check out the latest additions to the guide:** 

- How to Protect your Child's Mental Health During Self Isolation Staying Connected How to Make Your Own Mask
- 25 Outdoor Activity Ideas for Kids • Coping with a Money Crunch Webinar
- WHY THEMED CHATS? Have fun Connect with frie Make memories The NWCSB Prevention Department is producing weekly videos with tips and tricks for thriving during this challenging time. This video focuses on building resiliency through themed virtual chats.

**Counter Tools Policy Update** 

The U.S. Food and Drug Administration (FDA) recently released a

final ruling that requires large graphic health warnings on all

cigarette packages and advertisements starting June 2021. The graphic health warnings will include a text statement and a color photo that shows some of the serious health risks of smoking cigarettes, such as heart disease, diabetes, cancer, or cataracts. For access to the remainder of this update and the rest of the Counter Tools

Newsletter, email youthresourcealliance@gmail.com

**Building Healthy** 



## Planning and Implementing **LGBTQ+ Safer Spaces Evidence-Based Tobacco Use Training and Virtual Action Planning Workshop**

Virtual Training Opportunities

**Prevention Strategies** June 2 & 3, 2020 1:00PM - 2:30PM This workshop will provide participants with the knowledge and skills to effectively plan, implement and evaluate evidence-based tobacco use prevention interventions to reach youth and young adults. More information and registration can be found **HERE** 

Attendees will learn about inclusive language and terminology, risk and protective factors of LGBTQ+ youth, and how to be an ally. Attendees will also participate in community conversation with LGBTQ+ advocates and policy makers and an action planning session on how to engage in agency change. More information and registration can be found **HERE** 

**June 9, 9AM - 3PM** 

July 14, 9AM - 3PM

**August 12, 9AM - 3PM** 

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