

Parents@TOGETHER

They Only Get To Grow Up Once: Preventing Your Child's Future Drug and Alcohol Use

Alison Birnbaum, LCSW,
"Ask the Expert" at www.theAntiDrug.com

**Wednesday, April 7, 2010
9:15 AM, Greenwich Town Hall, Cone Room**

This skill-building workshop focuses on how to communicate with your kids and keep them substance free. It includes topics such as "How to monitor without being irritating," "How important is an "absolute no," "Urban legends like 'trust' and 'teaching my child to drink safely,'" and "When is the right time for the d & a talk?"

Ms. Birnbaum has practiced psychotherapy for 25 years and conducted extensive market research on helping parents speak to their children about drug use. In her clinical work, she helps families with issues ranging from mental illness and substance abuse to divorce and emotional intelligence. She is a consultant to the National Youth Anti-Drug Media Campaign.

Through its network of PTA delegates, **Parents Together** links together parents of Greenwich public and independent schools to address issues that affect our children and community. For more than 30 years, **Parents Together** has provided free lectures, newsletters and a comprehensive website. For the Spring 2010 issue of *Parents Together Newsletter*, visit our website at:

www.parentstogetherct.org