



Yes! I would like to help MPC sustain effective programs for children and families in Milford. Enclosed is my tax-deductible gift of:

\$1,000 \$500 \$250 \$100 Other_____

This is a legacy gift in honor of someone (Contact the MPC office for more info)

My check or money order payable to Milford Prevention Council is enclosed

I made my donation online through www.milfordprevention.org/donate-here/

Send me emails from MPC at _____

Milford Prevention Council
70 West River Street, 2nd Floor
Milford, CT 06460
(203) 783-6676
info@milfordprevention.org

Monday-Friday – 10:00 am to 4:00 pm

Milford Prevention Council is a 501(c)(3)
organization. EIN: 46-3157322

No goods or services were provided by the
Milford Prevention Council in exchange for this.



@milfordprevention



/MilfordPreventionCouncil



When Talking About Substance Use, Know When to Begin and What to Say

- Start talking early! Create the foundation for healthy habits
- For young kids, focus your message on the present; for older kids, give reality-driven messages
- Discuss physical side effects of substance use: smelly clothes, bad breath, bad skin, yellow fingernails
- Make sure they know your rules, and that you will enforce consequences if rules are broken
- Keep up with your kids' TV shows, music and social media habits
- Maintain interest in your kids' daily ups and downs – this earns trust and open the door to honest communication
- Know your kids' friends and their friends' parents
- Encourage them to go against the grain of peers when something is not right
- Remind them when they are being good role models and doing well!

✓ 21.7 million people aged 12 or older needed substance use treatment in the past year
(SAMHSA, 2015)

To find info on support and treatment options for all substance use issues, call (800) 662-HELP (4357)

Additional Resources

samhsa.gov bridgesmilford.org
drugfree.org helpguide.org