



# Drug Proof Your Kids

As parents most of us would love to somehow 'drug proof' our children. Not to closet them away, but to empower them to make wise, healthy choices as they encounter the many temptations laid before them.

## Can I drug proof my kids?

If you mean, "Can I stop my child from trying tobacco, alcohol or illegal drugs?", the answer is NO.

But if you mean, "Is there any way I can influence the choices my child makes?", the answer is YES.

With generous funding from the Joseph Rowntree Foundation, Family Matters York are holding a **FREE** 6-week course looking at how, as parents, we can reduce the risk of harmful drug use and help our children to make good choices.

**Date: Tuesdays 21,28 Feb & 6,13,20,27 March**

**Time: 7pm to 9pm**

**Venue: Chapelfields Community Centre,  
Sanderson Court, Bramham Road. YO26 5BE**

To book a place or for any further information please contact Helen Atkinson on 789214 or email [helenatkinson@fmy.org.uk](mailto:helenatkinson@fmy.org.uk).