



TUESDAY MAY 4TH 12:00 PM OR 7:30 PM COPING SKILLS – SETTING GOALS AND MINDFULNESS

.What is the difference between safe, healthy decisions and unsafe, unhealthy decisions?

- Why is it important to set goals?
- How do I deal with family members depression or anxiety?
- Learn how to improve our self-control and adaptability!
- Learn techniques to benefit students, teachers and your home!

Drug Free Long Island, Inc. is a 501(c)(3) nonprofit organization that has been serving the youth and communities throughout Long Island for 11 years. DFLI, Inc. provides individuals, families, schools, and communities with the education and tools on prevention strategies to reducing high-risk behaviors among our youth, building self-esteem in our teens and positive attitudes to improve all areas of life.

PARTNERS IN THE COMMUNITY



**Speaker:
Janice Talento &
Stacey Roy**

ZOOM WORKSHOP

Zoom link will be sent the morning of the event to the email you listed on your registration.

**Get Skills to deal
with anxiety**

**Time:
12:00 PM
OR
7:30 PM**

**TO REGISTER:
Email
Info@DrugFreeLI.org**

**QUESTIONS, PLEASE
CONTACT:**

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