



Celebrate Life!

The holidays are a great time to reconnect with friends and family.

Remember to model appropriate behavior:

- Use or be a designated driver
- Use prescription drugs only as directed by a physician

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Got the holiday blues? Reach out to friends or family rather than turning to substances.



Barrington Unites: A Time to Remember and Heal will take place on

Wednesday 12/23 at 7 pm in Fellowship Hall, The White Church.

This will be a time for the entire community to come together and celebrate the memories of those lost.

Parenting *is* prevention



Parenting for Prevention Tip #15

Kindly offered by the BAY Team

Barrington's community coalition to prevent substance abuse

www.thebayteam.org