



Attention: **Nebo Parents**

*join our next Mental Health Series...*

## **ABCs of Substance Use & Vaping**

**A**sk Questions

**B**asic Signs

**C**ommunicate

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**Course Created by:**

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Do you know the signs to watch for if your pre-teen or teen is vaping or becoming addicted to substance use?

Learn to ask the right questions, spot the basic signs, and learn to communicate with your child.

**This session covers the following:**

- Signs to watch for:
  - Health issues
  - Behavioral signs
  - Addiction signs
- How to talk to your child about vaping



**March 21, 2024**

**6:00–7:00 PM**  
**via Zoom**

**Register Here**

<http://cookcenter.info/Mar21Nebo>

**Nebo**  
SCHOOL DISTRICT