Nyack-Valley Cottage Parent & Community Network

*Working together to protect our youth from substance abuse, to foster a safe community and to establish an ongoing network for:*

**AWARENESS ● INFORMATION ● SUPPORT WITHOUT JUDGEMENT ● CHANGE**

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**Guidelines for Participants:**

1. We will respect differences of opinion and philosophy within each family

2. We will not reference specific names if discussing an incident

3. We will have an “I’m calling you because I would want you to call me” approach when discussing an incident or addressing a specific concern with a fellow parent or community member

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**Tips for Communicating and Staying Connected with Your Tween/Teen:**

- Remember that they DO care about what you think... *and are 50% less likely to use drugs & alcohol when you talk to them about your concerns, the facts, dangers & consequences*

- Ask the hard questions and be prepared to listen when they talk to you

- Establish clear and consistent family guidelines • Set boundaries; don’t be afraid to say, “NO”
HELPFUL ONLINE RESOURCES
www.timetotalk.org ● www.thepartenershipatdrugfree.org ● help@RCADD.org
www.nyackschools.com for links to local help organizations and for more info

IMPORTANT PHONE NUMBERS
1-866-DWI-9991, anonymous hotline ● 1-888-838-3273, Orangetown DARE hotline
845-352-1112, AA Hotline ● 845-268-2178, Mental Health Association of Rockland
Nyack High School Student Assistance Counselor: 353-7124
Nyack Middle School Family Resource Center: 353-7214