

# Table Talks

*Parents Connecting For Substance-Free Youth*

**Table Talks are opportunities for parents and other adults to talk openly in a judgment-free environment about how to begin a dialogue with their teens regarding underage drinking and illegal substance use.**

Learn new information and trends about underage drinking and substance abuse prevention

Share challenges and ideas for preventing youth substance use/abuse

Learn how to look for signs of youth substance use

Get strategies for communicating effectively with other parents on youth substance use

Learn the protective factors that influence youth to make positive choices

Get resources and practical tips to use at home and share with other parents

Table Talks can be held in a parent's home, community center, faith organization, or other similarly comfortable location.

Invite other parents (from sports teams, extra-curricular activities, faith community, neighborhood, etc.).

[www.CascoBayCan.org](http://www.CascoBayCan.org) | 207-869-1008

## Casco Bay CAN will:

- Provide a trained facilitator
- Send out invitations
- Provide resources and materials
- Assist in finding a meeting space

Contact Casco Bay CAN Today to request a Table Talks Discussion ■ Together we CAN prevent youth substance abuse