



## Promoting Health and Wellness in our Community

March, 2022

Saint Patrick's Day is a time to come together, watch the parade and enjoy time with friends and family. It is also a holiday that's associated with alcohol use for some, and an opportunity for youth to observe adult behaviors and formulate their own ideas about the customs and traditions they'll carry forward as they grow into adulthood.

Middletown Prevention Coalition (MPC) is focused on creating a safe and healthy environment in which our youth can thrive. We know that parents are the most important prevention tool in their child's life. Through modeling responsible behavior and engaging in frank conversations about the dangers of alcohol and other drugs, parents, teachers, mentors, and other key adults help our youth build the skills they'll need to make healthier choices.

The MPC is promoting a customized version of the "Talk, They Hear You" media campaign that can provide parents with tools and tips to have those important conversations with their kids. Please visit the coalition's webpage at [middletownri.com/mpc](http://middletownri.com/mpc) for more information about how to talk to your children about underage drinking and drug use.

*Have a happy and safe holiday!*

Helen Sowinski  
Chairwoman  
Middletown Prevention Coalition