

Talk Early. Talk Often.  
They are listening!  
**Encouragement!**



Encouragement helps children build self esteem and confidence. Encouragement empowers children to try new things, meet new people, and to tackle challenges. Encouragement also helps kids make better choices about not using drugs or alcohol.

Source: [drugabuse.gov/family-checkup](http://drugabuse.gov/family-checkup)

For information , support and resources, please contact **TRISH KENEFICK**  
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**DRUG TASK FORCE**



**CMHA**  
Substance Abuse Action Council