

February 2024

VERNON ROCKS COALITION

The coalition's efforts are highlighted in this month's newsletter. Take a peek at what we've been up to lately!

"Perseverance is not a long race; it is many short races one after the other."
-Walter Elliot

[Visit our Website](#)



8th Grade Parent Orientation



Rockville High School hosted an 8th grade parent orientation for students and parents to explore what the school provides.

Vernon ROCKS had a table at this event with alcohol and cannabis prevention resources, and some fun giveaways!

It was a great event to meet upcoming students and parents to talk about our prevention efforts within our community.

National Self Love Day

February 13th is National Self Love Day! Self-love plays a crucial role in our lives, offering motivation, empowerment, and assists in the development of self-compassion. Challenge yourself to practice self-love by unplugging from your devices, set boundaries, move your body and ask for help when needed. Vernon ROCKS hopes you have a Happy Valentines





Coalition at CADCA

In early February members of the Vernon ROCKS Coalition and our partners at the Change Collaborative of Manchester attended CADCA's Annual National Leadership Forum. A four-day event to learn the latest in substance use prevention. We can't wait to share what we learned towards meeting our mission!

Winter Blues



February, the shortest month can be challenging with its cold weather and brief days. [Seasonal Affective Disorder](#) also known as "Winter Blues," is a real issue especially in regions with reduced sunlight during certain seasons, like Connecticut. Symptoms like fatigue, sadness, hopelessness, and social withdrawal can manifest. Stay mindful of your emotions, and if you notice any of these signs, try out the following tips to uplift your spirits!

If you or a loved one is having trouble with substance abuse check out the available resources in the area.

If you are aware of an underage party or illegal activity follow the link and submit the anonymous form below, and the Vernon ROCKS Coalition will work with the Vernon Police Department to prevent or stop the activity.

Are you are interested in becoming more involved with the Vernon ROCKS Coalition we are always looking for more members. You can join by visiting our website!

The Vernon ROCKS Coalition | [Website](#)

The Village for Families & Children | 19 Elm Street, Vernon, CT 06066

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