

July 2024



Vernon ROCKS back at CADCA and learn more about upcoming events!

"Discovery is seeing what everybody else has seen and thinking what nobody else has thought."

Dr. Albert Szent-Gyorgyi

Visit our Website



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## The Vernon ROCKS Coalition Attends CADCA Mid-Year



This week Vernon ROCKS is attending CADCA's 23rd Annual Mid-Year conference in Chicago, Illinois. The conference is a four-day event to learn the latest in substance use prevention. We can't wait to share what we learned to work towards our mission of providing **R**esources & **O**utreach for **C**ommunity **K**nowledge & **S**uccess to prevent youth substance abuse.



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## Safe Storage Mailers



This month we are sending out mailers about safely storing alcohol, prescription medication, and marijuana. Storing these substances correctly can help avoid accidental ingestion, misuse, and potential harm, especially among youth. Keep an eye out for them in your mailbox.

## National Self Care Day!

**July 24th is National Self Care Day!**

This serves as a reminder for us to slow down, and check in with ourselves. The coalition will post some small activities to brighten your day on our social media. This encourages youth to engage in positive self care activities and prioritize their well-being. Take time to recharge, reflect and indulge in some self-care!



## Safe Summer Fun!

Between proms, graduation and the end of the school year, the coalition has been reminding Vernon Youth to engage in safe & sober celebrations.

Throughout the summer, we'll post reminders of fun and safe activities youth can engage in. See some

examples here on the right!



If you or a loved one is having trouble with substance abuse check out the available resources  
If you are aware of an underage party or illegal activity follow the link and submit the anonymous  
Are you are interested in becoming more involved with the Vernon ROCKS Coalition we are in the area.

[Get Help](#)

If you are aware of an underage party or illegal activity follow the link and submit the anonymous  
Are you are interested in becoming more involved with the Vernon ROCKS Coalition we are in the area. Get Help form below, and the Vernon ROCKS Coalition will work with the Vernon Police Department to prevent or stop the activity.

[Report it Here](#)

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!

[Get Involved](#)

[The Vernon ROCKS Coalition | Website](#)

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

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