

STEPS Coalition Newsletter

February 2016 Newsletter

Thank you for reading the STEPS Coalition newsletter. For more information about STEPS, click here to visit our website and don't forget to like us on Facebook.

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Be in the Know: Upcoming Forum Dates

**be
in the
know.**

The Be in the Know Series is sponsored by the STEPS Coalition in an effort to educate parents on the risks youth face today. Please save the following dates for the three upcoming events:

- March 29, 2016, 6:30-8:00 p.m., Southington Municipal Center, Parents Keeping Up with Technology
- April 19, 2016, 6:30-8:00 p.m., Southington Library, The Truth About Today's Marijuana and the Impact on Youth
- May 25, 2016, 6:30-8:00 p.m., Southington Municipal Center, The Reality and Impact of the CT Social Host Law

For more information, please email us at southingtonsteps@gmail.com or call (860)276-6285.

Rally at the Capitol



On Monday, February 29th, members of the STEPS Coalition and other local coalitions traveled to Hartford to meet with legislators regarding the future of marijuana laws in Connecticut. The event was sponsored by CAPP (Connecticut Association of Prevention Professionals).



Healthy Family Funfest 2016



On Sunday, February 28th, STEPS had a booth at the Healthy Family Funfest held at the AquaTurf in Southington. We informed many people about the Medication Drop Box located in the lobby of the Southington Police Department and handed out flyers for the upcoming Be in the Know forums.

Upcoming TIPS Training



TIPS® (Training for Intervention Procedures) is the global leader in education and training for the responsible service, sale, and consumption of alcohol.

STEPS is sponsoring two upcoming TIPS trainings for any Southington bar or restaurant staff on the following dates:

- March 21, 2016, 4:00-8:00 p.m.
- April 4, 2016, 4:00-8:00 p.m.

Please email southingtonsteps@gmail.com to register. For more information about TIPS, [click here](#).

The Truth about E-cigarettes & Vaping Quiz



Looking to test your knowledge about e-cigarettes and vaping? [Click here](#) and see how much you know about this trend.

Free Self Defense Class for Southington Women



Empowering Women to Escape Alive, a free self-defense training class for Southington women and girls 15 and over will be held at Southington High on Saturday, March 12, 2016 from 9:00 a.m. to 1:00 p.m.

This program is a partnership between Jane Doe No More and East Coast Training Systems and is being sponsored by 5 local organizations; Youth Services, the Southington Police Union, Beacon Pharmacy, Progressive Pathways and STEPS.

[Click here](#) to register today.

Smoking Cessation Classes Offered to Southington Residents



Thinking about quitting?
Worried about a friend or family member who smokes, but don't know how to help??

Come to a QUIT Clinic...
Quick Useful Info about Tobacco

- Nicotine addiction vs. Unwanted habit
- The benefits of quitting
- Strategies for coping with cravings & withdrawal
- Approved "tobacco cessation" medications
- The truth about E-cigarettes
- Meet successful quitters...who are alumni from "The Be Tobacco Free Program"

Meetings are held most Tuesdays at 5:30 pm in the Clinic at 165 Miller Street, Meriden

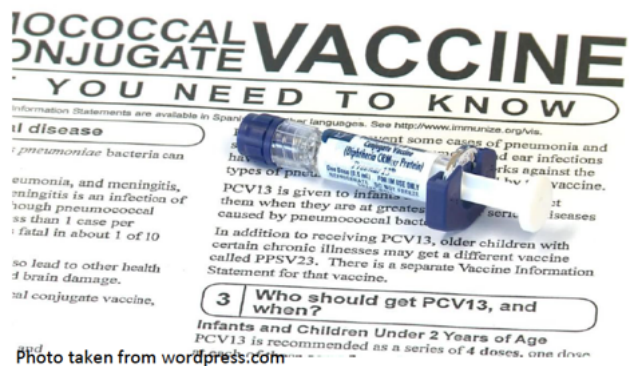
For more info call (203) 630-4003 or e-mail BeTobaccoFree@meridenct.gov

Lock It or Drop It Campaign



The Lock It or Drop It Campaign is designed to educate and encourage residents to dispose their unwanted or unused prescription medications at the Permanent Medication Dropbox, located in the lobby of the Southington Police Department. If the prescription medications are not ready to be disposed and are still being used, please lock or secure them in a safe location so they do not fall into the wrong hands. You can help this campaign by sharing this information with family and friends. [View the PSA for the new Lock It or Drop It Campaign here.](#)

Generation Rx: Pneumonia Vaccine Information



Learn about the pneumonia vaccine and what you can do from the University of St. Joseph School of Pharmacy. [Click here to read Generation Rx.](#)

STEPS T-Shirts



If you are interested in getting a STEPS t-shirt, they are available in our office in Youth Services for a suggested donation of \$10. Contact us today at southingtonsteps@gmail.com!

Southington Serves



Looking for volunteers to help out at an event or on a community project? Visit the [Southington Serves section](#) on our town website to find the form to submit your volunteer opportunities.

Looking for volunteers?



SOUTHINGTON SERVES IS THE SOLUTION!

Visit www.southington.org/southingtonserves

Volunteer opportunities can be anything from a few hours to full day events. Students throughout the Southington community are always looking for ways to get involved.

Southington Serves is brought to you by the Southington STEPS Coalition.

Questions? Contact Youth Services at 860-276-6281.

[Forward this email](#)

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STEPS, c/o Youth Services, 196 N. Main Street, Southington, CT 06489

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