

STEPS Coalition Newsletter

March 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.

In This Issue

Good Deeds Week

Thank you John Dobbins

Prom Promise

ID Checking Guide Books

Be in the Know: Technology

Upcoming Forum Dates

TIPS Training

Generation Rx

March Bulletin Board

Smoking Cessation

STEPS T-shirts & Convo
Cards

Southington Serves

Good Deeds Week

Good Deeds Week in Southington starts this coming Monday, April 4th!



Good Deeds Day is a global movement of doing good that STEPS is joining for not just a day but the whole week of April 4-10.

STEPS is encouraging the Southington community to make a "pledge" to do a good deed during the week. If you'd like to join in, send us a picture showing off your good deed to us at southingtonsteps@gmail.com. [Click here](#) for more information and good deed ideas!



Pictured above are STEPS Advisory Board members making their pledges to do good deeds!

Thank YOU John Dobbins!



Although saying goodbye to our board members isn't fun, we are so excited for John Dobbins as he retires from our board and his 36 year career as a pharmacist!

John has been such an asset to our coalition not only with our medication take back days and drop box but he also has been our expert pharmacist and a wealth of

knowledge. Thank you John for your dedication to our community. We wish you the best of luck in your retirement!!

Juniors at SHS Sign the Prom Promise



The SHS Junior Prom is approaching quickly. During ticket sales for the junior prom, students were asked to make the 'promise' that they would remain substance free on prom night.

This year, 238 SHS juniors attending prom signed the pledge which made them eligible to win raffle items from Silk Nails, Jillian & Company, Southington Community YMCA, Art Rich or two free prom tickets sponsored by STEPS.



Parents are also asked to 'promise' not to host after-prom parties with alcohol or other substances. Parents of SHS juniors will receive these pledge cards in the mail - please sign to support this campaign!!

ID Checking Guide Books



STEPS Advisory Board members visited 91 Southington establishments with liquor permits to give them each a copy of the 2016 ID Checking Guide book. These books list every valid license in the U.S. to help detect fake IDs and to help reduce underage drinking. Thank you for your support!

Be in the Know: Parents Keeping Up with Technology



On Tuesday, March 29th parents and other members of the community attended the Be in the Know: Parents Keeping Up with Technology forum given by Scott Driscoll of Internet Safety Concepts. At the forum, Scott talked about the dangers of certain apps that kids are using and ways to monitor them to keep them safe. For more information on Scott Driscoll visit www.internetsafetyconcepts.com.

Upcoming Parent Education Nights

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:

- 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.

Upcoming TIPS Trainings



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:

- April 4, 2016, 4:00-8:00 p.m.
- May 2, 2016, 4:00-8:00 p.m.

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

Generation Rx: Allergy Season



Learn about seasonal allergies and what you can do from the University of St. Joseph School of Pharmacy. [Click here to read more.](#)

March Bulletin Board: Asset of the Month, Reading for Pleasure



This month's asset of the month is Reading for Pleasure. Sophie & Emma did a great job with the bulletin board once again. Thank you for your help!

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@meridencnt.gov

**STEPS T-Shirts &
Conversation Cards**



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.



Conversation Card decks are also available 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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