

STEPS Coalition Newsletter

Making substance abuse prevention a priority in the Southington community!



Thank you for reading the STEPS Coalition newsletter. For more information about STEPS, please [click here](#) to visit our website. Don't forget to like us on Facebook!

#SouthingtonSTEPS

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NO Smoking!

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Read, read, read!

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Convo Cards

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Dangers of Tobacco Use



Facts and Statistics:

Tobacco use is the leading cause of preventable illness and death in the United States.

8.6 million people live with a serious illness caused by smoking.

On average, smokers die 13 to 14 years earlier than nonsmokers.
Lung cancer is the leading cause of cancer death among both men and women in the United States.

To read the full article from our friends at St. Joseph's College [click here](#)

How YOU Can Take Action



Call your legislators! As the bill to legalize recreational marijuana makes its way to the House Floor, it is most important to contact your legislators & let them know your thoughts about the negative impacts this could have on YOUR community!

Click here to visit the CAPP (CT Association of Prevention Professionals) website for a list of legislators & a mock script of what you can say to start the conversation!

Board Member Spotlight



This month we would like to shine our Board Member spotlight on Heather Clinger (center)! Heather is always willing to help, whether it is gathering information for handouts, running the last Board meeting, or spending the day with us at the Healthy Family Fun Fest, Heather always goes above and beyond! Thanks, Heather - we wouldn't be able to do this work without you and all of our Board members!

STEPS Staff on the Move!



On Monday, March 6, 2017, members from the STEPS Coalition went to Hartford to meet with the Speaker of the House, Joe Aresimowicz, on issues youth are facing here in the state. A special thank you to Joe for taking the time to meet with us! (Pictured left to right: Christina Simms, Victoria Triano, Joe Aresimowicz, Chris Palmieri and Kelly Leppard)

STEPS Youth Council Update

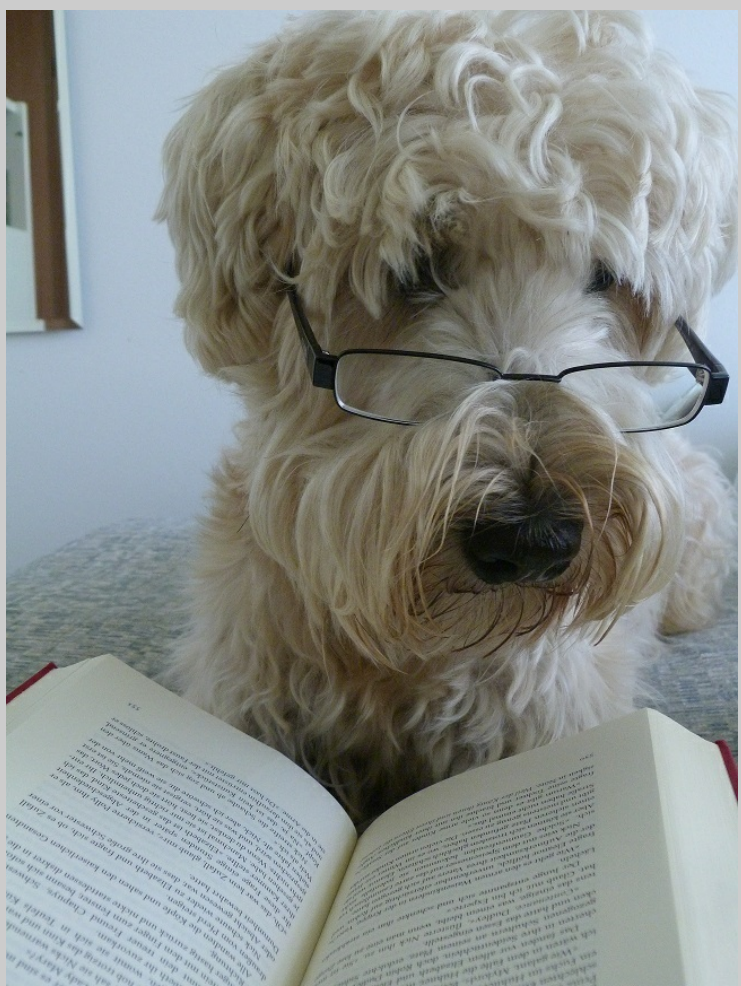


STEPS Youth Council Members have been working on an awareness project about the dangers of E-cigarettes which has turned into a public service announcement! In addition, they have enlisted the help of the Chamber of Commerce members to complete a survey regarding smoking and e-cigarette policies in the workplace.

Stay tuned for updates from the STEPS Youth Council and click [here](#) to view the PSA!

Asset of the Month: Reading for Pleasure.

We encourage young people to read for pleasure 3 or more hours per week.



STEPS supports the Search Institute's research that developing assets in youth help build a strong foundation and deter youth from engaging in risk taking behaviors.

Upcoming Events

The logo for Good Deeds Day features the words "Good Deeds Day" in a colorful, rounded font. The letter "G" is red, "o" is purple, "o" is red, "D" is yellow, "e" is orange, "e" is red, "d" is purple, "D" is red, "a" is purple, and "y" is red. A heart shape is formed by the two "o"s in "Good".

Good Deeds Week is just around the corner! Look for us out in the community, April 3-9, 2017 in an effort to promote the asset of positive peer influence and make

Southington an even better place to live!
Learn more
[here!](#)

Faith Forum for Congregations



When: Monday, March 20th, 2017
6 p.m. Registration and Pizza
6:30 p.m. - 8:00 p.m. Interactive Forum
Where: First Lutheran Church, 232 Bristol Street

Click [here](#) for more information and registration! It's not too late!

STEPS T-Shirts & Conversation Cards



We think YOU would look great in our STEPS apparel!

T-shirts and conversation cards are available in our office at Youth Services for a suggested donation of \$10 each.



Contact us today at
southingtonsteps@gmail.com!
#SouthingtonSTEPS

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.

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