



# Livingston County Families

*join our next Mental Health Series...*

## ABCs of Substance Use & Vaping

**A**sk Questions

**B**asic Signs

**C**ommunicate

**Course Created by:**

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Do you know the signs to watch for if your pre-teen or teen is vaping or becoming addicted to substance use?

Learn to ask the right questions, spot the basic signs, and learn to communicate with your child.

**This session covers the following:**

- Signs to watch for:
  - Health issues
  - Behavioral signs
  - Addiction signs
- How to talk to your child about vaping

## April 11, 2024

6:30-7:30 PM  
via Zoom

or check your local  
district website for an  
onsite viewing location



**SCAN or CLICK TO JOIN ANONYMOUSLY**

<https://cookcenter.info/April11Livingston>

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Livingston Sunrise

**Rotary**  
Club



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**EDUCATIONAL  
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