

SPRING EVENTS

REGISTER TODAY!



Thursday April 1st - 3pm Virtual Workshop for Teens - The Dope Show

A fun and interactive way to learn some facts about the dangers of alcohol, tobacco, and other drugs. (*Alcohol Awareness/Drug Take Back month kick off*)

Register here: <https://forms.gle/kK9BHavGPSwsyvtH9>

Tuesday April 13th - 3pm Virtual Workshop for Teens - How to Foster & Maintain Emotional Health.

We will explore how to recognize our signs & cues and navigate our emotional landscape.

Register here: <https://forms.gle/kK9BHavGPSwsyvtH9>

Saturday April 24th - DEA Take Back Day 10-2

SoRock's Resiliency week May 2nd-8th

Sunday May 2nd - Stronger Together, Family Resiliency Retreat

YMCA Camp Lincoln 9:30-4. FREE outdoor activities and lunch for grade 5th-8th families. Sponsored by SoRock, Camp Lincoln, D.A.D, South Central Public Health Network & Seacoast Public Health Network.

Space is Limited, Register today! <https://forms.gle/SGgEAf8vce7ybWtu5>

Tuesday May 4th - 3pm Virtual Workshop for Teens - Resiliency

Resilience is a capacity we can cultivate, grow, and strengthen. Understand the role that resilience plays in a crisis and identify multiple simple strategies for building your resilience capacity.

Register Here <https://forms.gle/kK9BHavGPSwsyvtH9>

Thursday May 6th - 6:30 PM virtual community screening of the movie "Resilience"

Register Here: <https://www.eventbrite.com/e/resilience-the-movie-tickets-146440911709>

May 27th - 3pm Virtual Workshop for Teens - Keeping Relationships Healthy

Relationships of all kinds are more important – and possibly more strained than ever! Share and learn more about how we can keep these important relationships healthy through stressful times.

Register here: <https://forms.gle/kK9BHavGPSwsyvtH9>