



Journey to Support



This summer, your child will participate in Journey to Support, a weekly prevention program provided by the Council on Chemical Abuse (COCA)

WHAT IS JOURNEY TO SUPPORT?

Journey to Support is a summer program that will engage children in fun games and activities aimed at teaching them to avoid future risky behaviors. The program is provided over four sessions, offered weekly to participating camps between June 27 and August 12, 2022. Each session will take children on a different "journey" to learn about digital citizenship, coping skills, kindness and substance use avoidance.



WHO WILL LEAD THESE PROGRAMS?

All sessions will be led by COCA's certified prevention specialists, who will assure that activities and lessons are enjoyable and age-appropriate.



WHY OFFER PREVENTION LESSONS?

The purpose of these lessons is to educate children about coping skills and provide them with age-appropriate facts about the risks of alcohol, tobacco and other substances. Our goal is to empower youth to stay drug-free. Youth who have knowledge and strategies are more prepared to appropriately handle a situation where they may be pressured to use substances.



WHAT CAN PARENTS DO?

As parents, you play a vital role in prevention efforts. We encourage you to ask your student what they learned and have more conversations about substance use prevention. Children are much less likely to use addictive substances when parents voice a strong disapproval towards all drug use. Like you, we want your child to be prepared for real life situations and give them the tools they need to succeed.



You can learn more about COCA's Journey to Support by visiting our website at www.cocaberks.org/journey

Questions? Contact Paige Carroll at pcarroll@cocaberks.org or call (610)376-8669 ext. 126

More information about the Council on Chemical Abuse can be found on our website at www.cocaberks.org

