



1131 South Dee Road Park Ridge, Illinois 60068 847-858-7090 www.mcyaf.com

June 2019

Dear Maine Township Parent:

Started in Maine Township High School District 207 in 2002, Maine Community Youth Assistance Foundation, (**MCYAF**) provides useful programs and projects to help **keep our teens drug and alcohol free**. You'll see the work of MCYAF in the "MCYAF OPTIONS" program, the installation of prescription drug drop boxes at police stations, post-Prom events, the Teen Town Hall Meeting and vaping classes and presentations. You'll also see us on campus at Back-to-School Nights, Parent-Teacher Conference Nights and Homecoming, and at community parades, celebrations and health awareness events all around Maine Township.

Being a parent is hard work and the most important job you'll ever have. MCYAF wants you to know that you're not alone in raising a successful teen! **The challenges of raising teens is all in THEIR heads**. So if you worry your teen tends to lack your level of rational thinking, you're probably right. The part of the brain that governs all the executive decision-making skills that help teens make rational choices won't be developed until their early twenties! These changes can make teens more vulnerable to risky behaviors such as drinking or using drugs. But *most* teens in Maine Township *don't* drink or do drugs. Why not? They tell us they don't want to disappoint their parents and they want to keep their bodies healthy. So take heart: when it comes to attitudes about drinking and drugs, talk early and talk often.

Of course, even when you've done everything right, teens push limits and experiment, which can leave even the best parents wondering what's the wisest way to react. MCYAF can help! In addition to the latest information, we can provide the names of resources and many helpful, evidence-based pamphlets and fact sheets to use. Get together with other parents and community experts **as MCYAF hosts meetings on the 4th Thursday of each month at 9:00 a.m. at Maine South** which are free and **open to everyone**.

Education is the most powerful weapon to prevent teen drug and alcohol use, so **Come Say "Know" to Drugs with us!** In addition to helping parents, MCYAF has a Youth Group that gives all teens opportunities to develop leadership skills, help others, and earn service hours. Have your teen text us at 847-858-7090 if they're interested. Our **office is at Maine South but we serve ALL Maine East, West and South families and everyone is always welcome at all of our meetings!**

Please check out MCYAF's schedule of parent meetings and other events on the back of this letter. Make MCYAF part of your parenting toolbox. Put us on your calendar with other school activities for the new school year and let us be your partner in parenting – we're here for you!

Sincerely,

Teri

Theresa A. Collins, Ph.D.
Executive Director, MCYAF



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Maine Community Youth Assistance Foundation (MCYAF)

A community coalition and non-profit organization dedicated to the PREVENTION of adolescent drug and alcohol abuse and the PROMOTION of positive mental health for all teens in Maine Township.

Parents, we are there for you – and for your teens!

Website: www.mcyaf.com

Call or text: 847-858-7090

MCYAF 2019-2020 Monthly Meeting Calendar

Monthly Meetings are held the 4th Thursday of each month during the school year (except during vacations – 2nd or 3rd Thursday of the month)

9:00 AM to 10:00 AM in the Principal's Conference Room at Maine South High School:

August 22

September 26

October 24

November 14*

December 19*

January 23

February 27

March 19*

April 23

May 21*

* Due to holidays and spring break, meeting is on different Thursday of the month.

Come join us and meet with other parents and community experts. Meetings are free and open to the public.

Please Attend - We Need Your Support!!

MCYAF Annual Fundraiser Community Heroes Dinner

Café la Cave Thursday, September 19, 2019

To volunteer for this fun event, please text Teri at 847-858-7090. We are in need of silent auction donations and ads as well as attendees. Fun way to meet new people!

For tickets or to make a donation, call: 847-858-7090 or tcollins@mcyaf.com