



Monday Nights | 6 – 8 pm

Cascade Middle School Library

13900 NE 18th St, Vancouver, WA 98684



What is Insight Class?

Insight Class is an interactive series of 4 classes for families wanting to gain education on adolescent substance use. Classes include prevention & intervention strategies, discussions, activities, local resources, coping skills, and more!

INSIGHT IS A SERIES OF 4 CLASSES

1. Self-Assessment & the Addiction Cycle
2. What Families need to know about Alcohol & Drugs
3. Legal, Health & Social Consequences
4. Resources

Click below for details:

- [Insight Class Flier: English](#)
- [Curso Insight: Español](#)
- [класс Insight: русский](#)

2023-24 Insight Class Schedule

6 – 8 pm on Monday nights – no admittance after 6:10 pm

STUDENT MUST BE ACCOMPANIED ONLY BY PARENT OR GUARDIAN

Please do not bring siblings, friends, etc.

Location:

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Calendar

Date	Class Title
October 9	Self-Assessment & Addiction Cycle
October 16	Family
October 23	Legal, Social, and Health Consequences
October 30	Resources
November 6	Self-Assessment & Addiction Cycle
November 13	Family
November 20	Legal, Social, and Health Consequences
November 27	Resources
December 4	Self-Assessment & Addiction Cycle
December 11	Family
December 18	Legal, Social, and Health Consequences
No Insight Jan 1	No Class Winter Break
January 8	Resources
No Insight Jan 15th	No Class MLK Day
January 22	Self-Assessment & Addiction Cycle
January 29	Family
February 5	Legal, Social, and Health Consequences
February 10	<i>All Sessions 9am-4pm</i>
February 12	Resources
No Insight Feb 19	No Class President's Day
February 26	Self-Assessment & Addiction Cycle
March 4	Family
March 18	Legal, Social, and Health Consequences
March 25	Resources
No Insight April 1st	No Class Spring Break
April 8	Self-Assessment & Addiction Cycle
April 15	Family
April 22	Legal, Social, and Health Consequences
April 29	Resources
May 6	Self-Assessment & Addiction
May 13	Family
May 20	Legal, Social, and Health Consequences
No Insight May 27	No Class Memorial Day
June 3	Resources
<i>June 8 - All Day Class</i>	<i>All Sessions 9am-4pm</i>
June 10	Self-Assessment & Addiction