

## 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 <u>ONLY</u> BY PARENT OR GUARDIAN Please do not bring siblings, friends, etc.

#### Location:

Cascade Middle School Library 13900 NE 18th St, Vancouver, WA 98684

### Calendar

October 9 October 16 October 16 October 23 Legal, Social, and Health Consequences November 6 November 6 November 13 November 20 November 27 December 4 December 14 December 15 No Insight Jan 15th January 22 January 29 February 10 February 12 No Insight Feb 19 February 26 No Insight April 1st March 18 March 18 March 18 March 18 March 25 Mar Sessores May 6 May 13 May 20 No Ilass Mend May 27 June 3 June 8 - All Day Class Misessins 9am-4pm Resources Mesources Mesources No Class Spring Break Addiction Cycle December 30 Self-Assessment & Addiction Cycle January 20 Self-Assessment & Addiction January 20 Self-Assessment & Addiction January 3 Self-Assessment & Addiction January 4 Self-Assessment & Addiction Self-Assessment & Addiction	Date	Class Title
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