



INSIGHT CLASS

2023-2024

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

Who can attend Insight Class?

Evergreen School District students in 6th - 12th grade. All students attending **Insight Class** need to be accompanied by an adult or guardian. Please do not bring younger siblings, friends, etc.

PARTICIPANT'S COMMENT ON HOW INSIGHT CLASSES WERE HELPFUL

"...because of the program my precious granddaughter now has the information, knowledge and wisdom to go forward into a better and more productive and safe life."



Important Information:

- Class starts promptly at 6pm & no admittance past 6:10pm (doors lock)
- This class is not in response to discipline, anyone can attend
- Please do not bring food into the library



Scan the QR code or use the link below to get the Insight Class schedule:
<https://tinyurl.com/3chtcn4f>

NO REGISTRATION REQUIRED

Translators: Student's school is responsible for setting up translators.