

# LINK TOGETHER

Empowering Youth to Be Drug & Alcohol Free



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[linktogethercoalition.org](https://linktogethercoalition.org)

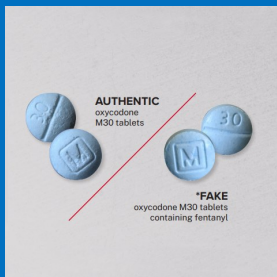
Link Together is proud to have been recognized as the 2020 Coalition of the Year!

February/March 2023

## One Pill Can Kill

DEA Demand Reduction Coordinator will be speaking at the beginning of our February meeting. We are YOUR Coalition Wheeling Township! Join us in person at D21 NEW Administration Building or on ZOOM  
<https://us06web.zoom.us/j/86965219454>

**Link Together Coalition Meeting**  
**Wednesday, February 22**  
**5:00-6:30**



## Excellent Virtual Speakers

### Navigating Healthy Families

Link Together is continuing to collaborate with the Glenbard Parent Series for the 2022-2023 school year offering FREE speakers. You are welcome to join these FREE virtual programs, and no registration is required.

Visit [glenbardgps.org](https://glenbardgps.org)!

*Join us for a Webinar on March 8th!*

## THREE WAYS TO CREATE EMOTIONAL STABILITY IN A CHANGING WORLD WEBINAR

**Empowered Parents & Guardians**  
**Empower Teens**

**GUEST SPEAKER**

**Wednesday, March 8th, 2023**  
**7:30-8:30 PM CST**



**Aaron Weiner, PhD, ABPP**

Dr. Aaron Weiner is a licensed board-certified Psychologist and master addiction counselor. He is a clinician and author. Dr. Weiner earned his doctorate from University of Illinois at Urbana-Champaign and completed his fellowship in Addiction Psychology at the VA Ann Arbor Healthcare System.

**Join Dr. Aaron Weiner's virtual presentation about the state of youth mental health, the ongoing pressures of substance use, and how parents & guardians can work with their kids to build emotional resilience.**



How parents & guardians can create a sense of stability in unstable times



Three principles to help develop emotional stability during uncertainty, stress or trauma



Ways teens can cope with changes rather than turn to alcohol or marijuana

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**Link Together** is Wheeling Township's youth drug and alcohol prevention coalition. Evidence-based prevention services are provided to the community and target the youth attending Buffalo Grove, Hersey, Prospect, Rolling Meadows and Wheeling High Schools and Cooper, Holmes, London, MacArthur, River Trails, South and Thomas Middle Schools. The Coalition members represent all sectors of the community.



Grant funds are from the **Drug Free Communities Grant**, sponsored by the Office of National Drug Control and Policy and the Centers for Disease Control and Prevention. ***Interactive links are bolded and underlined.***



## Do you live or work in Prospect Heights or Wheeling?

The Community Youth Services (CYS) Grant is an opportunity to provide services and deter risky behavior in Wheeling and Prospect Heights youth. Please take this **3-minute anonymous survey** and provide your feedback on prevention efforts in the community. Thank you for your time.

***Scan the QR code (left) with the camera on your phone and click on [surveymonkey.com](https://surveymonkey.com) to take the survey.***