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Westlake Parent Connection

Helping parents keep their kids safe and healthy since 2003

A Parent to Parent Network (P2PN) Affiliate

Email Information Blast

February 11, 2009

WPC Book Club

Don't miss out on this year's book club! Once again we will gather at Borders Books and Music at the Promenade, where we'll be treated to sweets and warm coffee drinks while discussing Chris and Toren Volkmann's book: *From Binge to Blackout: A Mother and Son Struggle with Teen Drinking*. This dynamic book is written from both the mother's and son's viewpoints with an emphasis on alcohol education. The book club meets on March 12th, 19th, and 26th and is designed for participants to attend one or all evenings. Then meet the authors on April 2nd. Porter Public Library has copies and the Parent to Parent Network is selling the book for \$10 (a \$5 savings) – contact Dani Marinucci at Dani@Parent2ParentNetwork.org to order your copy.

MEET the AUTHORS

Westside Location April 2nd, Avon Lake

The Volkmanns will be appearing at four separate events across Northeast Ohio March 31 – April 2. These engaging speakers will share their firsthand experience and knowledge on the epidemic of teen drinking and have been featured on ABC's "The View" with Barbara Walters, PEOPLE Magazine, CBS Evening News and The New York Times. Hear Chris and Toren tell their riveting, enlightening, and heartbreaking story as they share how their family confronted the fear, pain, and denial that threatened to destroy them—and survived it.

- **March 31st** :3:30-5PM John Carroll University-Kulas Auditorium in the Clock Tower Building, 20700 North Park Blvd., University Hts
- **March 31st** :7:30-9PM John Carroll University-Kulas Auditorium in the Clock Tower Building, 20700 North Park Blvd., University Hts
- **April 1st** :7-8:30PM Cuyahoga Valley Career Center, 8001 Brecksville Rd., Brecksville

- **April 2nd**: 7-8:30PM Learwood Middle School Auditorium, 340 Lear Road, Avon Lake

Your Teen Magazine

Did you get your copy? The WPC mailed over 1,100 copies of the winter issue of Your Teen for Parents to Westlake homes. Readers were treated to articles on teens & summer, helicopter parents, thongs! And job interview tips for teens. This quarterly magazine is being read cover to cover by parents and teens alike. Visit www.yourteenmag.com for more information and to learn how you can subscribe.

HELP WANTED – Your Teen Magazine is looking for Sales Executives: Hours are flexible – perfect for moms with school-aged kids. Your Teen magazine, a quarterly publication for parents of teenagers, is looking for advertising sales representatives to call on new accounts in the west and south suburbs of Cleveland. Prior sales experience preferred. Flexible hours with competitive commission rate. Call Becky Weintraub @216-970-9194. (First issue can be viewed at www.yourteenmag.com/premierissue).

News from the Partnership for a Drug-Free America

[I Think My Child is Drinking and Using Drugs](#)

Discovering that a teen is using drugs or alcohol can be a scary experience for parents - many feel alone, ashamed, guilty, and confused about what to do next.

We want to be the first to tell you about our new online help resource for parents and caregivers who suspect or know their child is experimenting, using or has a problem with alcohol or drugs: [Time to Act!](#)

Through video and interactive multimedia modules, [Time to Act!](#) offers step-by-step advice and compassionate guidance from substance abuse experts, family therapists, scientists and fellow parents to help steer families through the process of understanding alcohol and drug use, confronting a child, setting boundaries, and seeking outside help.

Have a Conversation Not A Confrontation

Finding out your teen uses drugs or is drinking definitely stirs up a parent's emotions. But the best way to help your teen - and to make sure she hears you - is to remain as calm as possible throughout the conversation. Here are other things to keep in mind:

Hold off until she is sober. Do not start the conversation when you can tell your child is drunk or high.

Show your concern. Express to your child that you're worried about her.

Keep a cool head. Try your best not to overreact to what your child has done in the past. Instead, focus on making it clear what you want him to do in the future.

Be direct. Clearly state your concerns as well as any evidence you've found ("You're not showering, your grades have dropped, and I found empty beer cans in your car").

Listen. Don't do all the talking - be sure to give your child a chance to speak, and listen to what she or he has to say.

WHS Leadership Challenge

WHS Leadership Challenge is offering two attractive recycling bags for sale. [<More Info>](#)

Support the WPC

Your financial support not only allows the WPC to provide important programs for the community, but also serves as a tangible sign of community support for the WPC vision – making Westlake a community that is known for its parental outreach and is free from underage alcohol and tobacco use, illegal drug use, and violence.

Please make a contribution today – every little bit helps! [Download a donation form.](#)

The WPC is a 501(c)(3) tax-exempt organization.

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As always, this blast is FYI. Feel free to pass it along!

Let us know what you're hearing from the community about the WPC.

Contact us at: parentcon@westlakeparentconnection.com

To unsubscribe from the WPC blast list, simply email us.

