

Are you concerned that your 12 to 20 year old student might be struggling with DRUGS or ALCOHOL?

- **Are grades dropping?**
- **Have mood, appearance, or friends changed?**
- **Is your student getting suspended from school?**
- **Is your student cutting school?**

These may be signs of drinking or experimentation with drugs.

A new FREE program is available that offers individual counseling, group counseling, family counseling, help with employment, and many other services to students who have been using drugs and alcohol.

To get started, simply set up an appointment for your student to have a FREE assessment at one of these agencies:

Agency Name	Address	Phone Number
Another Choice- Another Chance	5415 Florin Rd. Sacramento 95823	(916) 429-7977
Mexican American Alcoholism Program	4241 Florin Rd. # 110 Sacramento 95823	(916) 394-2320
Panacea	3353 Bradshaw Rd. #103 Sacramento 95827	(916) 854-4564
Sacramento Black Alcoholism Center	3307 Broadway - #200 Sacramento 95817	(916) 454-4242

Each can give your student a voucher for FREE counseling and other helpful services that can be used at many agencies. The FREE voucher for counseling is given, because a student needs it and is not based on parent's income.

If you have questions, check the website for the CARE program at www.californiacares4youth.com or call Shirley Arroyo in the Elk Grove Unified School District's Office of Prevention and Intervention at (916) 686-7568 X7412.