

SHARE WHAT YOU LEARN WITH OTHERS!

Join us for this **FREE** event.
Open to the public. No one under 18.

Upper Arlington High School
Thursday, January 10, 2019
1650 Ridgeview Rd., Upper Arlington
6:30 p.m. – 8:00 p.m.



START THE CONVERSATION

HART-TO-HEART

Check our website
for more event
dates. See below.



CAN YOU SEE ME NOW?

A HART Drug and Alcohol Use Awareness Initiative

Explore this simulated teen bedroom to identify potential warning signs of drug and alcohol use and risky behavior.

“I hope if you think this couldn't happen to me... this makes you stop for just a moment and think... well maybe I should look.”

— Carla K., Local Mom

join us ...

- prevention is key, know what to look for
- ask questions, start the conversation
- you are not alone, this affects everyone

This Program is for Adults ... Parents, educators, coaches, youth leaders, caregivers, advisors and others connecting with youth. **No one under 18.**



www.harthilliard.weebly.com
www.adamhfranklin.org
www.dontliveindenial.org
www.drugfree.org
www.samhsa.gov
www.preventionactionalliance.org

YOU ARE NOT ALONE

there is no blame
there is no guilt
there is no shame

it happens to her
it happens to him
it happens in a blur

we inspire to share
we inspire to check
we inspire to care

strive to find hope
strive to find help
strive to cope

walk with a friend
walk with your child
walk without end

let's work together
let's talk out loud
let's make it better