

NOW YOU KNOW is a substance abuse education and prevention program that's offered at no cost to residents of Morris County.

The program meets once a month on Monday and Tuesday from 5:00 pm to 8:30 pm at **Family Service of Morris County**
62 Elm Street
Morristown, NJ 07960

For more information contact:

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or

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Contact us if you would like to host a
Now You Know Program at your
organization



Family Service
of Morris County

www.fsmc.org

Family Service of Morris County is a private non-profit organization offering over 20 innovative programs that provide counseling, education, advocacy and support to nearly 6,400 children, families and seniors in the community.



**FAMILY SERVICE OF
MORRIS COUNTY**

NOW YOU KNOW



*A Substance Abuse Education and
Prevention Program for
Adolescents and Teens*



CHANGING LIVES FOR NEARLY 200 YEARS

ONE PIECE AT A TIME

The FSMC *Now You Know* Program has one goal — to prevent substance abuse in adolescents and teenagers before there is a major problem.

This is accomplished in two important ways:

- FSMC Certified Substance Abuse Prevention Specialists work with teens and adolescents in a casual group setting to discuss peer pressure; physical and emotional consequences of using drugs, alcohol and tobacco; and current laws regarding underage use.
 - At the same time, parents meet together in a separate group with a licensed clinical social worker and substance abuse counselor to explore how to best support their teens to keep them on the right track. Other related topics discussed include examining teen trends, steps to take to stay involved in your teens' lives, and where to turn for further help. This group is an excellent opportunity for parents to share, support and learn from one another.
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Do You Know?

Today's teens are not only under a great deal of pressure but the accessibility of dangerous substances are greater than ever.

At-risk factors can include:

- School failure
- Behavioral or socialization problems at home or school
- History of experimentation with substances
- Family transition
- Depression

Do you know a teen between the ages of 13 and 18 who may be at risk for substance use? If so, refer them to the **Now You Know Program**, a unique family-based primary prevention initiative of Family Service of Morris County.

Now You Know is an appropriate referral from school Student Assistance Counselors, Prosecutor's Office, Juvenile Justice Conference Committee, Municipal Alliances and other community groups. Parent referrals are also encouraged.
