

# WELL-BEING WORKSHOPS FOR TEENS AND TWEENS + THEIR FAMILIES

Cloquet Public Library from 6-7:30 p.m.

\*\*\*Dinner and Childcare provided\*\*\*



PREPARE NOW

LEARN HOW

**September 27, 2022-Get Prepared!**

How has the COVID pandemic affected your family's preparedness for future emergencies?

- Do you have a plan?
- What are some insights you have learned from the latest events?
- How can we make sure we are preventing increased substance use during emergency events?

**Alli Bachinski and Cara Keinanen** will join us at the library to discuss this and other challenges facing preparedness. This duo will join us to create hope, understand concerns and develop protective factors to increase resiliency.

*Allie Bachinski is a Public Health Educator, an Emergency Preparedness Coordinator, Statewide Health Improvement Partnership (SHIP) Coordinator from Carlton County Public Health and Human Services.*

*Cara Keinanen is the Positive Community Norms Coordinator - REACH. Positive Community Norms works to "Close the gap between what we believe to be true (perceived norms) and what is actually true (actual norms)"*



← This year's Well-Being Workshops schedule! Join us!