



Knowledge is Prevention



Preventing substance abuse by sustaining & strengthening a safe and healthy community, together.

ROYAL OAK COMMUNITY COALITION Receives the Brooksie Way Minigrant!!

As a result, we are able to offer:

HEALTHY MOVES – LOADED FOR GAME!

ALL ACTIVITIES ARE FREE!!

and will be held at:

MODERN SKATE & SURF
1500 N. Stephenson Hwy in Royal Oak

REGISTER NOW AS THE RESPONSE HAS BEEN OVERWHELMING!

Registration required at least 24 hours **BEFORE** the event!

Send to: tperkins@royaloakcommunitycoalition.com **OR** call the Coalition at (248) 546-7622



YOGA



Belightful Yoga classes will support participants in developing focus, fitness, concentration and self-awareness, all while having fun. The sessions invite participants to enjoy quality time together while relaxing and taking care of themselves.

SESSION 1: November 14, 2101 2:00 - 3:00

Women/Girls – 13 years & up (Great for Moms & Daughters)

SESSION 2: November 21, 2010 2:00 - 3:00

Family Session – Parents & Kids (5 -12 years old)



FIRST AID



Join this interactive class and learn the basics of first aid through hands-on activities. Participants will learn how to treat minor abrasions, burns or more serious wounds while help is on its way.

SESSION 1: November 30, 2010 6:30 - 7:30

(Upper Elementary & Family)

SESSION 2: December 9, 2010 6:30 - 7:30

(Pre-Teens, Teens & Family)



SELF DEFENSE



These courses help women evaluate dangerous situations to access available escape or defense options. It is designed to increase confidence and reduce fear. Classes are for girls and women of all ages, sizes and fitness levels.

SESSION 1: November 16, 2010 3:30 - 4:30

SESSION 2: December 7, 2010 3:30 - 4:30



SKATE BOARD LESSONS



Skate boarding lessons at Modern Skate and Surf, a state of the art facility designed and built by world class X-Games ramp builders "Team Pain". The sessions are for kids and kids at heart, ages 4 – 64. Skateboard and safety equipment are required and are available for rent. **PARENTS MUST SIGN A RELEASE OF LIABILITY FORM!**

SESSION 1: November 24, 2010 4:30 - 6:00

SESSION 2: December 15, 2010 4:30 - 6:00



MARTIAL ARTS



The first class is an introduction to Aikido for youth. The second class is an introduction to Aikido for youth & parents, respectively. Both classes are designed for those interested in utilizing Aikido for peaceful conflict resolutions.

SESSION 1: November 11, 2010 7:00 - 8:30 (boys 10 years & up only)

SESSION 2: November 18, 2010 7:00 - 8:30 (boys 10 years & up w/ parent)



GA-GA PIT GAME



The newest game craze! This high energy dodge ball variation for teens will be housed in a custom made octagon pit and played in succession with an ultimate winner being determined and prizes awarded. **PARENTS MUST SIGN A RELEASE OF LIABILITY FORM!**

SESSION 1: December 17, 2010 5:00 - 7:30

SESSION 2: December 18, 2010 12:00 - 4:00



TAI CHI



Taoist Tai Chi Society will demonstrate and teach the internal arts and methods of this "soft style" martial arts to improve balance, circulation and strength, as well as increase flexibility and reduce stress.

ONE SESSION ONLY November 17, 2010 7 - 8:30



DELICIOUS & EASY AFTERSCHOOL SNACKS



Chartwells Schools Dining Services will facilitate an interactive workshop on how to prepare easy, great tasting, and nutritious after-school snacks. Be prepared to sample the awesome products of the session.

ONE SESSION ONLY December 16, 2010 5:00 - 6:00

Visit our website at: www.ci.royal-oak.mi.us/rocc

These activities were made possible with support from the Brooksie Way Minigrant





SPOT LIGHT



Royal Oak Community Coalition congratulates Hiller's Market



AND

Global Office Solutions



for their continued support!



The Great American Smoke Out

is coming

Thursday, November 18th

This is a target day to quit smoking for life! To help you make this important and healthy transition, the Karmanos Center is offering two FREE Quit Tobacco Workshops: Topics are:

- ⇒ Basics of Quitting Tobacco
- ⇒ Understanding Addiction
- ⇒ Develop a Quit Plan
- ⇒ Relapse Prevention
- ⇒ Nicotine Replacement Therapies & Medications Information
- ⇒ Community Resources to Help You

Two Dates and Locations:

- ⇒ Tuesday, November 2, 5—7 pm (on John R in Detroit)
- ⇒ Thursday, November 18th, 1—3 pm (on Northwestern Hwy in Farmington Hills)

To register contact: Andrea Layman at 313-576-8362 or quitto-bacco@karmanos.org

DON'T QUIT, QUITTING!!! YOU CAN DO THIS!!

"Flower of the Month Club"



Looking for a great way to give flowers to co-workers, friends, family or neighbors throughout the year? **Join the Flower of the Month club.** For just \$35.00, you get a bouquet or potted plant each month for 12 months. The Coalition receives \$5.00 for each order placed. Log onto our website to find out more or call Lynn Karnes to order at [586-264-4246 ext. 116.] Please be sure to mention the ROCC so that we get credit for the sale.

Don't Hesitate — Sign up Now!



GREAT OPPORTUNITY FOR ADULTS AND TEENS!

Do you like meeting people?

Do you wish to be a part of helping our community to stay strong and safe?

Well.....we are LOOKING FOR YOU!

Volunteers are needed to staff informational tables at community events. Scheduling is flexible and usually only requires 2-3 hours commitment per event. Events are generally held during the day or early evenings. We have a host of activities from which to choose. Committing to even just one event makes a difference! The more people we reach, the more informed our community members are because

Knowledge IS prevention!

For more information, contact the Coalition office at (248) 546-7622 or email tperkins@royaloakcommunitycoalition.com

Make Your Kids' Safety a Priority...ALWAYS!



PREVENTION ON PURPOSE

Helping our kids stay substance free requires a commitment from all the guardians of our youth. Each month the Coalition is featuring an educational topic that focuses on a substance abuse prevention issue. We are asking those with the means, to insert the articles into an employee newsletter or any other mass communication to which you have access.

1. Know where they are and with whom at all times!
2. Keep tabs on changed plans (especially those that occur while they are out).
3. Have definite safety rules about what they are doing: (i.e. only one other person in the car at a time).
4. Stick tightly to curfew.
5. Help them know how to assess and handle risky situations.
6. Talk with other parents/adults to make sure that alcohol is not available at the events your youth attends.
7. Check your child's ID to make sure they don't have a fake ID.
8. Set a good example for responsible adult alcohol use.
9. Make consequences fit the situation. Lack of responsibility means pulling privileges that require your child to be mature and responsible. Tell them how it connects and what they can do to earn back what they lost.

The fact is, the MORE you pay attention, clearly explain guidelines for behavior, and prepare your child for high risk social situations; the MORE LIKELY your child will get through these "parental scary" years without – a life changing- incident.

Log on to the Coalition's website to access information on: **"Your Child and the Law"** or log on to www.theantidrug.com for parent information.



Driving Under the Influence:

Does Marijuana Use Affect Driving?



Because marijuana impairs judgment and motor coordination and slows reaction time, an intoxicated person has an increased chance of being involved in and being responsible for an accident (O'Malley and Johnston 2007; Richer and Bergeron 2009).

According to the National Highway Traffic Safety Administration (NHTSA), drugs other than alcohol (e.g., marijuana and cocaine) are involved in about 18 percent of motor vehicle driver deaths. A recent survey found that 6.8 percent of drivers, mostly under 35, who were involved in accidents tested positive for THC; alcohol levels above the legal limit were found in 21 percent of such drivers.