

# Manhasset CASA Starts The New Year Focused

BY MANHASSET PRESS STAFF

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Manhasset CASA starts the new year welcoming youth, families and the community to its prevention education programs and community sector meetings. As part of its Drug Free Communities (DFC) Support Program, CASA meets quarterly with key representatives (Sectors) in the Manhasset community in its mission to encourage healthy living by Manhasset youth. All community residents, parents and caregivers are invited to CASA's programs and meetings.

Manhasset CASA's community-wide Sector meeting will be on Thursday, Jan. 14, at 9 a.m. at Manhasset Secondary School and will feature Jean Lau Chin, EdD, ABPP, professor at Adelphi University. Dr. Chin will address how CASA can ensure its mission continues to include participation from Manhasset's many cultures and communities. This presentation will focus on cultural competency and the Asian culture. Dr. Chin is a distinguished educator, administrator, clinician and scholar, published extensively in the areas of diversity and cultural competence,



**Jean Lau Chin, EdD, ABPP, professor at Adelphi University, will be the featured speaker at Manhasset CASA's Jan. 14 Sector meeting and will address how CASA can ensure its mission continues to include participation from Manhasset's many cultures and communities.**

leadership, clinical training, Asian American and women's issues, health and mental health.

Whether you have young children in grades K to 6 or teens in grades 7 to 12, parents and caregivers should

not miss CASA's Power of Parenting Series, sponsored by Senator Jack M. Martins and the Manhasset Public Library. The series is relevant to everyday parenting and seeks to provide the skills, insight and knowledge to raise healthy and responsible children in today's world. In addition, CASA and the Manhasset CASA Youth Club will continue their student outreach during National Alcohol and Drug Facts Week, a national health observance for teens to shatter the myths about drugs and alcohol:

• **Building Resiliency in Our Children (K to 6) (Power of Parenting Series)**

Thursday, Jan. 28, 1 p.m. and 7 p.m. in the Community Room at Manhasset Public Library

Featuring Vanessa McMullan, LCSW, clinical social work supervisor at The Marks Family Right From The Start 0-3+ Center of North Shore Child and Family Guidance Center. The program will discuss the importance of fostering resiliency in children as a foundation for raising healthy and self-confident youth.

• **The Fragile Teen Brain: How Drugs and Alcohol Affect its Development**

(For parents and students grades 7 to 12): A National Alcohol and Drug Facts Week Presentation

Wednesday, Jan. 27, 7:30 p.m. Black Box Theatre at Manhasset High School

Back by parent demand, Dr. Stephen Dewey, an investigator at the Center for Behavioral and Molecular Imaging at the Feinstein Institute for Medical Research at North Shore-LIJ, will simply show parents and teens what he sees every day through his research and candidly discuss how the teen brain responds to alcohol and drug use. Parents and tweens in grades 7 to 12 are encouraged to attend and learn about this ever-changing vital organ that can be affected by caffeine, nicotine, alcohol and other drugs if introduced during adolescent brain development.

• **Understanding Marijuana in 2016 (Power of Parenting Series)**

Thursday, Feb. 25, 7:30 p.m. Community Room at Manhasset Public Library

Featuring Dr. Kevin Sabet, consultant and past advisor on drug policy to three U.S. presidential administrations. He is director of Project SAM (Smart Approaches to Marijuana), which he founded with former Congressman Patrick J. Kennedy, and is the author of *Reefer Sanity: Seven Great Myths About Marijuana*. Parents and residents are invited to this timely presentation

## Start Off The New Year Right

CASA Fitness Fundraiser at Evolution Pilates, Ryde @ EPhysique and Pure Barre

A portion of proceeds from January classes will go towards CASA! The studios will offer a 10 percent discount on purchases. To sign up for classes and to receive a discount at Evolution Pilates ([www.pilatesevolution.com](http://www.pilatesevolution.com)) and Pure Barre ([www.purebarre.com/ny-manhasset](http://www.purebarre.com/ny-manhasset)) visit their websites and use promo code CASA16. To sign up for classes at Ryde, please call the studio at 516-708-1916; for the discount, purchases must be made at the studio.

**Jan. 8 at 5:45 p.m.**

**Free Teen Class at Evolution Pilates**

Please visit [www.pilatesevolution.com](http://www.pilatesevolution.com) to sign up for the class.

**Jan. 15 at 5:45 p.m.**

**Free Teen Class at Ryde @ EPhysique**

Please call 516-708-1916 to sign up for the class.

**Jan. 22 at 5:45 p.m.**

**Free Teen Class at Evolution Pilates**

Please visit [www.pilatesevolution.com](http://www.pilatesevolution.com) to sign up for the class.

**Jan. 29 at 5:45 p.m.**

**Free Teen Class at Pure Barre**

Please visit [www.purebarre.com/ny-manhasset](http://www.purebarre.com/ny-manhasset) to sign up for the class.

about the current trends and issues in marijuana use and how it impacts our teens, schools and communities (NOTE: Dr. Sabet will also present to students, grades 7 to 12, at 3:30 p.m. at Manhasset High School).

• **Winning Ways to Talk with Kids (K to 6) (Power of Parenting Series)**

Thursday, March 31, 1 p.m. and 7 p.m. Community Room at Manhasset Public Library

Featuring Dinah Torres-Castro, bilingual family well-being educator at the Cooperative Extension of Suffolk County Family Health and Wellness Program. This workshop is designed to help parents and caregivers communicate effectively with children at every stage of their development as well as learn how to avoid communication breakdowns and become better listeners.

Online registration is required for the Power of Parenting Series so go to [www.manhassetcasa.org](http://www.manhassetcasa.org) and click CASA's Signup Genius link.

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