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## **CASA Coffee Kickoffs: Renews Parent Networking to Deter Teen Substance Abuse**

Manhasset CASA is excited to return its parent networking prevention efforts with two "CASA Coffee" kickoffs: "Communicating with Your Child/Teen" on Tuesday, November 9th at 9:30 am at the Munsey Park School for parents with children in grades K-6 and Tuesday, November 16th at 9:30 am at the Manhasset High School for parents with children grades 7-12.

For many years, Manhasset CASA has brought together parents through small meetings called "CASA Coffees" to share ideas on how issues of alcohol, tobacco, and drug use affect their children. The coffees empowered parents through local networking and helped them to develop reasonable shared guidelines regarding curfews and age-appropriate social activities. Parents were able to learn about each others' rules and effectively squelch teen claims that "everyone else is doing it."

The CASA Coffees, a continued step in prevention through connection, are designed to generate parent interest in hosting neighborhood CASA Coffees where parents can create their shared vision and a local environment in which kids have less opportunity to make poor choices. The kickoffs will be facilitated by Manhasset's own Dr. Maryann Schaeffer.

Dr. Maryann Schaefer has had a private psychotherapy practice in Manhattan and Manhasset for over twenty years. A former professor at Adelphi University, Garden City, NY, Dr. Schaefer has taught psychology and education courses on the graduate and undergraduate levels in urban as well as suburban settings. Her lectures at universities, schools and civic groups and TV and radio interviews have been on topics including depression, anxiety, relationship issues, parenting, pregnancy loss, and bullying.

Within her private practice she helps adults, adolescents and children learn to manage difficult emotions and to mitigate the effects on their behaviors and social interactions. Working both with individuals and with families, Dr. Schaefer addresses critical family issues such as functional marital relationships, maternal-infant bonding, healthy parent-child relationships through loving listening and limit-setting, and substance abuse of all kinds.

For more information regarding the CASA Coffee Kickoffs, contact Cathy Samuels at 267-7548 or go to [www.manhassetcasa.org](http://www.manhassetcasa.org).