

Be Sober: Alcohol Awareness Festival

On Saturday, April 24, 2010, Preferred Family Healthcare's Achieving Recovery Through Creativity program will host "BE SOBER," an arts and awareness festival for Alcohol Awareness month.

The event will be held from 1 p.m. to 5 p.m., at the Troy First Baptist Church, located at 1000 Elm Tree Road.

It will feature an art exhibit of work created by area youth, live performances by area youth, awareness and art activities, demonstrations by local organizations, food and fun.

An empathy project called "Walking in My Shoes" will also be conducted during the festival. Preferred Family Healthcare will be collecting gently used shoes that will be used to help build wells in Haiti. Please bring shoes tied together. We will have a truck to collect the shoes on that date.

An art contest will be held in the Lincoln County Middle and High Schools during the months of February and March. Youth may create a two dimensional or three dimensional piece of art expressing the theme "BE SOBER." Winners will be announced during the festival. Lincoln County Youth are also invited to perform vocal, instrumental, drama, poetry and other •ne arts acts during the festival. Please contact your teachers or guidance counselors for more information.

The Team of Concern through Preferred Family Healthcare provides substance abuse prevention, early intervention and treatment services to youth in Lincoln County at no cost to the family.

School teams coordinator provides presentations and information in the classroom setting about such topics as decision making, risky behaviors, information on the harmful effects of drugs and alcohol and how to resist negative peer pressure. The Team of Concern counselor helps students who are struggling with at risk behaviors and those who may have family members who have a history of substance abuse.

Through counseling services provided by the Team of Concern, youth learn how to change their behavior, receive education on the harmful effects of drugs and alcohol, and learn positive coping skills. Funded by the Lincoln County Resource Board and located in the Lincoln County Wellness Center, Preferred Family Healthcare will be hosting this festival in honor of alcohol awareness month and invites everyone to come join us for an afternoon of creativity and entertainment.

For more information, contact Samantha Graham-Douglas at 636-528-7226.