Alcohol & Drug Education Class

Teaching parents and kids about the effects of drug and alcohol use. Youth and parent classes are held separately but concurrently.

This four-hour class for youth and parents includes:
- Current drugs of abuse
- Brain and body effects of drugs and alcohol
- Legal and other consequences for youth
- Risks of progression (from use to abuse to addiction)
- Recognizing a drug/alcohol problem and what to do about it
- Making decisions that keep you out of trouble

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<th>When</th>
<th>4th Saturday of each month • 9:30 a.m. - 1:30 p.m.</th>
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| Where         | Youth Eastside Services  
               | 999 164th Ave NE, Bellevue • Crossroads Park     |
| Class Leaders | Experienced, credentialed staff from YES lead both youth and parent groups. |
| Cost          | $75 for the class, includes both parent and youth. A limited number of sliding fee spots may be available. |
| To Register   | Call 425.747.4937 and ask for the Intake Office  |
About YES
Since 1968, YES has been a lifeline for kids and families, offering counseling, treatment, education and prevention services to help youth become healthy, confident and self-reliant and families to be strong, supportive and loving. Our services include:

Substance Abuse Treatment & Prevention
• Comprehensive youth-specific assessment
• Evidence-based counseling and treatment
• Counseling for co-occurring substance abuse and mental health issues
• Group programs for youth and parents
• Individual and family counseling
• Aftercare and recovery support
• Support for youth impacted by family addiction
• Prevention/intervention services in area schools

Youth & Family Counseling
• Emotional distress
• Depression and anxiety
• Trauma and grief
• Behavioral difficulties
• School-related problems
• Peer and family relationship issues
• Parent-child conflicts
• Sexual or physical abuse counseling and treatment
• On-site counselors in some schools

Education & Prevention Programs
• Counselors in local teen centers
• Mentoring for youth
• Latino outreach programs
• BGLAD for LGBTQ youth
• Healthy Start for young parents
• Anti-bullying programs
• Teen dating violence prevention

Parent Education, Support & Coaching
• Classes and workshops
• Co-counseling
• Support groups
• Parent coaching
• Positive parenting strategies

YES is a nonprofit organization. We accept private insurance, Washington Apple Health (formerly Medicaid), and offer a sliding scale fee schedule. Our services are fully confidential, including when provided at the schools.

Offices in Bellevue, Redmond and Kirkland and more than 40 partner sites including schools, teen centers and community centers.