



# Alcohol & Drug Education Class

Teaching youth and parents about the effects of drug and alcohol use.  
Youth and at least one parent are required to attend.

Presented by:



**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 substance abuse problem and what to do about it
- Making decisions that keep you out of trouble

<b>When</b>	4 <sup>th</sup> Saturday of each month • 9:30 a.m. - 1:30 p.m.
<b>Where</b>	Youth Eastside Services 999 164th Ave NE, Bellevue • Crossroads Park
<b>Class Leaders</b>	Experienced, credentialed professional chemical dependency professionals from YES lead both youth and parent groups.
<b>Cost</b>	\$75 for the class, includes both parent and youth. A limited number of sliding fee spots may be available.
<b>To Register</b>	Call 425.747.4937 and ask to register for the Alcohol Drug Education Class

## 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 Use Treatment & Prevention

- Comprehensive youth-specific assessment
- Evidence-based counseling and treatment
- Counseling for co-occurring substance use and behavioral health issues
- Group programs for youth and parents/caregivers
- Individual and family counseling
- Aftercare and recovery support
- Support for youth impacted by family addiction
- Prevention/intervention services in area schools

### Parent Education, Support & Coaching

- Early Childhood Behavioral Health, ages birth - 7
  - Parent-Child Interactive Therapy (PCIT)
  - Promoting First Relationships (PFR)
- Classes and workshops
- Co-counseling
- Support groups
- Parent coaching

### 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, treatment
- On-site school counselors

### Education & Prevention Programs

- Counselors in local teen centers
- Mentoring for youth
- Latino outreach programs
- BGLAD for LGBTQ+ youth
- On-site suicide assessments

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

Offices in Bellevue, Redmond and Kirkland

More than 60 partner sites in East King County including schools, teen centers and community centers.