



## Health Fair

For three years consecutively, CETPA, Inc., in collaboration with Northside Hospital, have incorporated an annual physical health fair, in which members of the Hispanic community could get medical tests and consultations to promote healthier lifestyles.

During our event, 137 individuals were served, and had access to blood pressure, cholesterol, sugar and bone density screenings, as well as sleep quality recommendations and mammography references.

Thank you Northside Hospital for your vast support to our community. Without your help any of this would not have been possible!



## Relapse Prevention

As a first step in designing the Individual Relapse Prevention Plan, in one of the Life Skills Group we watched the video: "Relapse Triggers" and then we analyzed internal and external triggers.

The activity served to invite our clubhouse members to learn to identify triggers in their lives, in order to prepare a plan that will be accurate and suitable to their needs.

In upcoming events we will be working with the youth in brainstorming on favorite drug-free activities, and enlisting people (and their contact information), who they can trust to support them individually during times of temptation.



## Effective Communication between Parents and Adolescents

The meeting was very enjoyable. Mr. Rosendo led a discussion about effective communication between parents and their children. In an interactive activity, the parents also had the opportunity of acting out different skits, representing different communication scenarios.



## Taking Care of Our Bodies

We want to thank Luz Dary Restrepo for having taken the time, to not only speak to our parents in the past months, but also for engaging the clubhouse teens in an important topic: personal care as pertaining to sexuality.

Some of the concepts covered in the youth workshop included risks and consequences of early or irresponsible sexual involvement, Sexually Transmitted Infections (STIs), and protective barriers for STIs.

# MATURE



The DR3AM'RS Clubhouse, would like to publicly welcome back our former instructor Mr. David Mitchell, from the MTCI's MATURE Program. We have had the honor of working very closely with different personnel of the MTCI team, and we are delighted to start a new semester on healthy relationships once again.

Under the MATURE curriculum, the students are being equipped to become responsible youth in the present, and being prepared to become successful adults enabled to establish healthy family bonds in the future.

The model instructed is based on the success sequence: Education, Employment, Marriage, then Children.

## FALL FESTIVITIES & OUTINGS



- Corn Dawgs Maze
- Tribulation Trail
- Future Seekers's Lights on Afterschool Celebration
- Lilburn Food Truck Tuesday
- Netherworld
- Whirly Ball
- Malibu
- Roller Skating
- Paintball
- Bowling