

**TURN IT  
AROUND**

ISSUE: 10

**TURN IT AROUND  
YOUTH GROUP  
OCTOBER NEWSLETTER**



**This Month in Turn It Around:**

Each month, *Turn It Around*, has an overall theme for our weekly meetings. For the month of October, the theme is Prevention. We will be viewing the documentary *Drugs: True Stories* and have in-depth discussions about the dangers of substance use and ways to prevent substance use disorders.

Our youth will also answer a survey titled "When Talking About Drugs," to help us identify what consequences they are already aware of when it comes to substance use and strategies in prevention.



**Upcoming Events:**

October is National Substance Use Disorder Prevention Month. For the past four years, the Charlestown Coalition has partnered with the Clarence D. Edwards Middle School to host an educational and preventative workshop for students. We will host this year's on October 15th for the students who attend!

The Charlestown High School 02129 Info. Luncheons are starting back up with an official start date of Friday, October 19th! If you are a Charlestown resident who attends CHS, please stop by Cafe Montego during your lunch period for community resources and lunch!

**02129 Info. Luncheons**

Official Start Date:  
Friday, Oct. 19, 2018

Hosted By: Charlestown Coalition  
Every Friday  
Cafe Montego  
Community Resources  
\*Lunch provided

**Attention All Charlestown Residents:**  
If you live in Charlestown, please join us EVERY Friday during your lunch period in Cafe Montego (5th Floor) for food & helpful community resource information.

Find Us On:  
Facebook.com/TurnItAroundCharlestown  
Instagram.com/TurnItAroundCTN  
Twitter.com/TurnItAroundCTN  
CharlestownCoalition.org

- \*Job Information
- \*Community Events
- \*Afterschool Programs
- \*Community Support
- \*Athletics
- \*Tutoring & more!



### Last Month in September:

For the month of September, *Turn It Around* discussed healthy snack alternatives and practiced reading labels to help equip them with the skills to make knowledgeable choices when choosing what to eat on a budget and how to manage their sugar intake.



### Ways to get Involved:

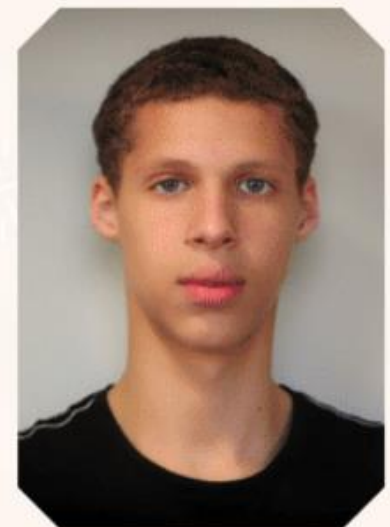
Want to join in on the fun during one of our meetings or events? We'd love to have you! There are many opportunities for parents and guardians to get involved in *Turn It Around*. Whether you help cook, serve, clean or participate in the activities, all are invited and welcome. Please reach out to Ginaya for more information.

### Prefer Email?

To receive our Family & Friends Newsletter email instead of a paper copy, please contact Ginaya Greene Murray at [Ggreene-Murray@Partners.org](mailto:Ggreene-Murray@Partners.org) or call her directly at 617-726-6684

### September's Youth of the Month:

Melvin Jr. is our September Turn It Around Youth of the Month. "Melvin Jr. is a leader among his peers. He's shown tremendous growth and maturity since joining the group in 2015. We are so happy to still have Melvin be part of the group!"



-Ginaya Greene Murray  
(Prevention Program Coordinator)

### Have Questions?

If you need assistance with your youth regarding school, job placement, risky behaviors, or anything else, please contact the Charlestown Coalition. We will be happy to help with any questions regarding you and your child.

### Find us online:

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