

# Substance Abuse Prevention Collaborative

Christmas Edition V 2



December 23, 2020

This second holiday edition is full of activities for the whole family and resources to help keep us all busy and safe. Want to connect with others this holiday? Join us Christmas eve starting at 6:00PM through Christmas night at 8:00PM. Happy Holidays!

## Together for the Holidays!

This Christmas looks a bit different for all of us. For many of us this time of year can be filled with sadness, anxiety, stress, tension, loneliness and more. We want to provide a space for everyone to go. Whether you want to just connect, watch a movie, chat, have a meeting, or need help, there is someone here for you. Separate rooms will be created for just about whatever we want to do.

So join us starting **Christmas Eve at 6:00PM through Christmas Night at 8:00PM.**

Open zoom link for 26 hours and the following scheduled events.

### **Christmas Morning at 9:00**

The Phoenix Intro and full body workout!

### **Christmas Day at Noon**

The Phoenix Yoga

### **Christmas Afternoon 1:00PM**

Medication with Front Line Clinician Katelynn Bell

**Join us on Zoom:** (link on back panel)

Meeting ID: 844 8056 7278

Passcode: 746988

## WHO ARE WE?

### SAPC

SAPC is a coalition of eight communities working together to help reduce substance abuse with specific intentions for youth below the age of 18.

#### Communities include:

Billerica—Mike Higgins  
[mhiggins@town.billerica.ma.us](mailto:mhiggins@town.billerica.ma.us)

Chelmsford—Amanda Glaser  
[aglaser@townofchelmsford.us](mailto:aglaser@townofchelmsford.us)

Dracut—Maria Ruggiero  
[mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov)

Lowell—Lainnie Emond  
[lemond@lowellma.gov](mailto:lemond@lowellma.gov)

Tewksbury—Maria Ruggiero  
978-382-4989  
[mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov)

Tyngsborough—Shaun Woods  
[swoods@tyngsboroughma.gov](mailto:swoods@tyngsboroughma.gov)

Westford—Jeff Stephens  
[jstephens@westfordma.gov](mailto:jstephens@westfordma.gov)

Wilmington—Samantha Reif  
978-447-2296  
[sreif@wpd.org](mailto:sreif@wpd.org)

# Random Acts of Kindness Foundation

## Make Kindness the Norm!

<https://www.randomactsofkindness.org/>

The mission of The Random Acts of Kindness Foundation is to **make kindness the norm**™ in our schools, workplaces, homes & communities. We work toward that goal by creating free content that promotes kindness toward others & teaches important social emotional learning skills to kids. All our resources for schools, home & community & the workplace are free. We also have other resources to inspire you to be kind wherever you are—kindness ideas, kindness quotes, the kindness blog, kindness videos and kindness stories.

### The Kindness Challenge

[https://assets.randomactsofkindness.org/downloads/make\\_kindness\\_the\\_norm\\_neighborhood\\_challenge.pdf](https://assets.randomactsofkindness.org/downloads/make_kindness_the_norm_neighborhood_challenge.pdf)

These random acts of kindness were designed to be done in your neighborhood so you can choose to do any of the activities in any order. You do not need to do each of the activities—just the ones that sound fun to you. Get out and do something different while still maintaining a safe distance. Fun for all!

### Kindness Bingo!

[https://assets.randomactsofkindness.org/downloads/RAK\\_kindness\\_bingo\\_cards.pdf](https://assets.randomactsofkindness.org/downloads/RAK_kindness_bingo_cards.pdf)

Build positive attitudes of kindness while playing bingo. What a great idea for inside fun!

### Kindness Coloring Pages

[https://assets.randomactsofkindness.org/downloads/coloring\\_pages/RAK\\_coloring\\_pages.pdf](https://assets.randomactsofkindness.org/downloads/coloring_pages/RAK_coloring_pages.pdf)

### 50 Ways to be Kind Poster

[https://assets.randomactsofkindness.org/downloads/RAK\\_kindness\\_poster.jpg](https://assets.randomactsofkindness.org/downloads/RAK_kindness_poster.jpg)

### Kindness Award

[https://assets.randomactsofkindness.org/downloads/RAK\\_student\\_award.pdf](https://assets.randomactsofkindness.org/downloads/RAK_student_award.pdf)

## Project Here

<https://projecttherema.org/>

Project Here provides free resources to educators across Massachusetts to teach substance use prevention to middle school students (in grades 6-8) in order to empower students to make healthy decisions and promote social-emotional learning. Although you can register as an educator at no cost, you are able to also enter as a guest. Check it out!

### Project Here Games

<https://projecttherema.org/projectheregames/>

## Together for the Holidays Zoom Link

<https://us02web.zoom.us/j/84480567278?pwd=OWIIOHE1WU9uWjdrbUxSNjFJc3h0Zz09#success>

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