








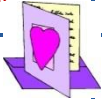



January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1  Happy New Year! Make a list of five new activities you want to try as a family this year.	2
3	4 Visit your local library with your kids. Show them some books you used to like to read when you were their age. 	5	6	7	8	9
10	11	12	13	14	15	16  Make a cuddly quilt with your child. Do some research online and find a pattern your child likes.
17  Martin Luther King, Jr.	18 Happy Martin Luther King, Jr. Day! Ask your child to come up with some ways they can peacefully resolve a conflict with a sibling or a friend.	19	20 Has it snowed recently? Have a snowball fight or make a snowman! 	21	22	23
24	25	26	27	28	29	30  Go ice skating with your family and have a race around the rink. Whoever wins gets to pick dinner that night.
31	<p>NOTES</p> <p>FAST FACT OF THE MONTH: Research shows that children with hands-on parents are far less likely to smoke, drink or use other drugs. Remember, parental engagement matters! BE INVOLVED. STAY INVOLVED.</p>					










February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> 	<p>2</p> <p>It's Groundhog Day! Tune in to your family's favorite news channel and see if the groundhog sees his shadow today.</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>Happy Chinese New Year! Learn how to eat with chopsticks as a family at dinner tonight.</p> 	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p> <p>Play a game of musical chairs today!</p> 	<p>13</p>
<p>14</p> <p>Happy Valentine's Day! Create cards with your kids for their loved ones. When filling out the inside of each card ask your child to include why the recipient is so special to them.</p> 	<p>15</p> <p>Happy Presidents' Day! Ask your child who their favorite president is and why.</p> 	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p> <p>Have you seen all of the fun items in our free Activity Kit for 2016? Be sure to visit CASAFamilyDay.org today!</p>	<p>27</p>
<p>28</p>	<p>29</p>	<p>NOTES</p> <p>FAST FACT OF THE MONTH: Immediate costs per year of teen use include an estimated \$68 billion associated with underage drinking and \$14.4 billion in substance-related juvenile justice programs each year.</p> <p>BE INVOLVED. STAY INVOLVED.</p>				



March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2 Today is "Read Across America" Day! Read your child's favorite book with them and use different voices for each character.	3	4	5
6	7	8 Have a karaoke contest with your family. Make sure you pick songs everyone knows! 	9	10	11	12
13 Daylight Savings Time begins today! Spend some extra time outside with your family at the park or in your yard. 	14	15	16	17 Happy St. Patrick's Day! Make sure everyone in your family wears green today! 	18	19
20 It's the First Day of Spring! Let each family member pick a flower they'd like to plant in your garden this year. 	21	22	23	24	25 Good Friday	26 Get the whole family involved in spring cleaning. Ask your older kids to help your little ones with some simple chores. 
27 Happy Easter! Do an outdoor Easter egg hunt. Whoever finds the most eggs gets to pick a movie to watch after dinner tonight! 	28	29	30	31	NOTES FAST FACT OF THE MONTH: Three-quarters of high school students have used addictive substances, including cigarettes, alcohol, marijuana or cocaine. BE INVOLVED. STAY INVOLVED.	

April 2016







Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 It's April Fools Day! Come up with some playful pranks as a family. Vote on the best one and try it on some friends. 	2
3 Make up some new dance moves with your child while playing some of your favorite songs. 	4	5	6	7	8	9
10	11	12	13 Discover the beauty of springtime by talking a walk together as a family. 	14	15 	16 Cut out pictures from old magazines and make a collage of your family's favorite things.
17	18	19	20	21	22 First Day of Passover	23
24 Try doing a puzzle together as a family! 	25	26	27	28	29 	30 Visit a museum you've never been to before with your kids. It's fun to learn new things together!

NOTES

FAST FACT OF THE MONTH: 46% of all high school students currently use addictive substances, and 12% meet the clinical criteria for addiction. **BE INVOLVED. STAY INVOLVED.**



May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Happy Cinco De Mayo! Make tacos for dinner with your family tonight! 	6 Today is National Nurses Day. Thank a nurse in your community with your child today. 	7
8 Happy Mothers' Day! 	9	10	11	12	13	14 Go roller skating with your kids this weekend! 
15	16	17	18 Make a pillow fort with your kids and then tell stories in it or play games. 	19	20	21
22	23	24	25	26	27	28 Keep the conversations going by trying our Family Interviews in our Activity Kit. Visit CASAFamilyDay.org .
29	30 Happy Memorial Day! Have a family barbecue or picnic today. 	31	<p>NOTES</p> <p>FAST FACT OF THE MONTH 90% of Americans who meet the medical criteria for addiction started smoking, drinking or using other drugs before age 18.</p> <p>BE INVOLVED. STAY INVOLVED.</p>			










The National Center on
Addiction and Substance Abuse








Family Day

Be Involved. Stay Involved.




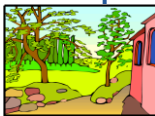




June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Go camping with your family and make s'mores together! 
5	6	7	8 After dinner tonight play a game of charades. 	9	10	11
12 Visit a water park or run through your sprinklers! 	13	14 Happy Flag Day! 	15	16	17	18
19 Happy Fathers' Day! 	20 It's the first day of summer. Celebrate with a luau in your yard!	21 	22	23	24	25
26 	27	28	29 Go for a bike ride with your family today.	30	NOTES FAST FACT OF THE MONTH: 1 in 4 Americans who began using any addictive substance before age 18 are addicted, compared to 1 in 25 who started using at age 21 or older. BE INVOLVED. STAY INVOLVED.	

July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Visit an aquarium and find your child's favorite fish or sea animal. 
3	4 Happy Fourth of July! Watch a fireworks show and have dinner outside tonight! 	5	6	7	8	9
10	11	12	13 Use your child's favorite juice to make popsicles together! 	14	15	16
17 Play some mini-golf. Whoever wins gets to pick the next family activity. 	18	19	20	21	22	23
24 	25 After dinner go outside and catch some fireflies in a jar. Let them go at the end of the night. 	26	27	28	29 Visit a batting cage or play a game of baseball as a family. 	30
31	<p>NOTES</p> <p>FAST FACT OF THE MONTH: The teen brain is more prone to risk taking, including substance use. BE INVOLVED. STAY INVOLVED.</p>					

August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Make ice cream sundaes with your kids after dinner tonight! 	4	5	6 Teach your kids how to swim at a local pool. 
7 It's International Friendship Day! Help your child make a card or some treats for their best friend. 	8	9	10	11	12	13
14	15	16	17 Set up an outdoor scavenger hunt for your kids. 	18	19	20 Go to the beach and build sandcastles and collect pretty shells. 
21 Visit a carnival or an outdoor festival with your family. 	22	23	24	25	26	27 Take out some sidewalk chalk and draw funny pictures together! 
28	29	30 Visit a local farmer's market and find some vegetables you've never tried before. 	31	NOTES FAST FACT OF THE MONTH: Total costs to federal, state and local governments of substance use, which usually has its roots in adolescence, are at least \$468 billion per year—almost \$1,500 for every person in America. BE INVOLVED. STAY INVOLVED.		

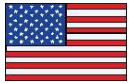







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Family Day

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September 2016








Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Make sock puppets and put on a puppet show for some friends or neighbors.	3 
4	5 Happy Labor Day! 	6	7 Family Day will be here soon! Take the STAR Pledge with parents across the country at www.CASAFamilyDay.org	8 	9	10
11 Happy National Grandparents' Day! Visit Grandma and Grandpa and ask them about their favorite childhood memories.	12 	13	14	15	16	17 Learn how to make origami as a family or make paper airplanes and decorate them together. 
18	19 It's International Talk like a Pirate Day. Ask everyone in your family to talk like a pirate while you play a game or do a fun activity.	20 	21	22 It's the first day of fall! Collect leaves with your kids outside and press them in a book.	23 	24
25	26 Today is Family Day! Do a fun family activity that everyone enjoys and send pictures to us at familyday@casolumbia.org Remember, parental engagement matters!	27 	28	29	30	NOTES FAST FACT OF THE MONTH: Consequences of teen substance use include lower grades and academic attainment. BE INVOLVED. STAY INVOLVED.

October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p>1 Visit a pumpkin patch and pick some pumpkins to make jack o' lanterns.</p> 
<p>2 Rosh Hashanah</p>	<p>3 It's Child Health Day. Talk to your child about healthy habits.</p> 	<p>4</p>	<p>5 It's World Teacher's Day! Help your child pick out an apple for their teacher.</p> 	<p>6</p>	<p>7</p>	<p>8</p>
<p>9</p>	<p>10 Happy Columbus Day! Explore a new place with your family today.</p> 	<p>11 Yom Kippur</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>
<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21 Bake a pie with your kids or make hot apple cider together.</p> 	<p>22</p>
<p>23 Paint pictures of your family's favorite places and hang them on your fridge.</p> 	<p>24</p>	<p>25</p>	<p>26 Play a game of touch football. Ask your neighbors to join!</p> 	<p>27</p>	<p>28</p>	<p>29</p>
<p>30</p>	<p>31 Happy Halloween!</p> 	<p>NOTES FAST FACT OF THE MONTH: 46% of children under 18 live with a risky substance user. BE INVOLVED. STAY INVOLVED.</p>				












November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 All Saints' Day	2 All Souls' Day	3	4	5
6 It's Daylight Savings Time! Spend the extra hour playing a board game with your family. 	7	8	9	10	11 Happy Veterans' Day! Bake some treats with your kids for the veterans in your community. 	12
13	14	15	16 Pop some popcorn and watch a movie with your family tonight. 	17	18	19 Go to a sporting event together and cheer on your favorite team. 
20 Take out some clay and pretend to be sculptors together. 	21	22	23	24 Happy Thanksgiving! Ask your kids what they're grateful for at dinner tonight. 	25	26
27	28 Help your child make some decorations for their bedroom. 	29	30	<p>NOTES</p> <p>FAST FACT OF THE MONTH: Less than 40% of high school teachers think their school's prevention efforts are effective.</p> <p>BE INVOLVED. STAY INVOLVED.</p>		



December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>NOTES</p> <p>FAST FACT OF THE MONTH: Adolescent substance use—smoking, drinking, misusing prescription drugs and using illegal drugs—is, by any measure, a public health problem of epidemic proportion, presenting clear and present danger to millions of America’s teenagers and severe and expensive long-range consequences for our entire population. BE INVOLVED. STAY INVOLVED.</p>				1	2	3
			<p>7</p> <p>Play holiday songs while your family is getting ready for school/work today.</p> 	8	9	10
4	5	6				<p>Ask your child to find some coats they’ve grown out of and donate them to a coat drive together.</p>
11	12	13	14	15	16	17
<p>Volunteer at a soup kitchen or help out at a toy drive.</p> 					<p>Have your own family spelling bee using only holiday words.</p>	
18	19	20	21	22	23	24
		<p>Drink hot cocoa and wrap presents together.</p> 				<p>Christmas Eve</p> <p>First Day of Chanukah!</p>
25	26	27	28	29	30	31
<p>Merry Christmas!</p> 	<p>Happy Kwanzaa!</p> 		<p>Make a photo album of all of your family activities from this year!</p> 			<p>Happy New Years Eve!</p> <p>Ask your kids what their favorite family memory was in 2016!</p>