

Celebrate Family Day!

Family Day - A Day to Eat Dinner with your Children™

September 26, 2011

BE A FAMILY DAY STAR!

I pledge to be a *Family Day* STAR who:

- S-** Spends time with my kids by having dinner together
- T-** Talks to them about their friends, interests and the dangers of drugs and alcohol
- A-** Answers their questions and listens to what they say
- R-** Recognizes that I have the power to help keep my kids substance-free

Please mail the attached sign up form to:

Family Day

The National Center on Addiction and Substance Abuse at Columbia University
633 Third Avenue, 19th Floor
New York, NY 10017



