

Celebrate **Family Day - A Day to Eat Dinner with your Children™**
Frequent Family Dinners Make a Difference!
September 24, 2012

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

You can 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

