



**Are you a 7th-12th grader looking to make a difference in the community, strengthen your college application, or build your resume?
If you answered 'Yes' to any of these questions, this training is for YOU!**

After a successful first year for the Cohasset Youth Ambassador (CYA) program, Safe Harbor Cohasset Coalition is gearing up for year two which is set to begin in the Fall. Partnering with Dover Youth 2 Youth, a Nation-renowned youth empowerment program that takes on drug and alcohol misuse, the group will be hosting a 1-day training to all 7th-12th graders interested in advocacy, public speaking, and community service. Please note that this training is **mandatory** to those planning to register for the 2019-2020 Youth Ambassador program.

Where: Second Congregational Church, 43 Highland Ave., Cohasset, MA. 02025

When: Friday, August 16, 2019 from 9am-2pm. Must register by August 1st.

For Whom: Young People from 7th-12th grade.

Why YOU should attend: Students will have the opportunity to learn valuable skills that they'll be able to use throughout life, such as public speaking, advocacy, presentation skills, how to communicate with media and local representatives, and develop actionable action plans for the coming year. They'll also get the chance to connect with Youth Ambassadors from last year and ask any questions they may have about the program. No matter what your passion in life is, no matter what impact you want to make on your Cohasset community, big or small, this training is for YOU and will be worthwhile!

How much: The training cost is \$15 which includes training, materials, and lunch.

Thinking about joining the Cohasset Youth Ambassador Program this Fall? Still on the fence? Make sure to attend this training in order to meet that one pre-requisite when your time to decide comes! Also, check out what some of last year's Ambassadors are saying:

"The Youth Ambassador program provided me with the opportunity to learn leadership skills that I will carry with me for the rest of my life. As a youth leader I have been able to participate in and develop projects in my community that support a cause I'm very passionate about, substance misuse. I am proud to be a member of the Youth Ambassador program because it is filled with genuine people that support one another as we all work together towards helping our community."

"I joined the Youth Ambassador program to learn more about, and inform people about, these problems [drug and alcohol misuse]. My favorite part of the program was Prevention Week. I learned so much, and really liked how we were able to spread the word and prevent problems from happening."

FOR IMMEDIATE RELEASE:
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“I really loved presenting and feel as though we made a step towards a more educated youth on important topics; not just mental health, but substance use and wellness going into middle school. I came to the Youth Ambassador program with the idea of wanting to give some sort of presentation to younger grades, and the program listened to my ideas and gave me and the other ambassadors the opportunity to do so!!”

“The Youth Ambassador program taught me leadership skills, public speaking skills, and how get involved in my community. The program provided me with skills that will be useful to me for the future. I learned more than just statistics and facts, about how to keep myself healthy, but also about my community, my peers, and ways to better my community. The Youth Ambassador program provided many opportunities to get involved within the community, through events such as National Prevention week and various sticker shock campaigns at local alcohol retailers. I strongly recommend this program to anybody in middle school or high school.”

Visit <http://safeharborcohasset.org/volunteer/cya/> to learn more.

Visit <https://www.eventbrite.com/e/youth-ambassador-program-training-tickets-62592319312> to register.

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About Safe Harbor Cohasset Coalition

Since July 2014, Safe Harbor Cohasset has been working to promote awareness and implement resources to help make an impact on the substance use in the community. The group has members from across the spectrum in the community, including, but not limited to, Paul Pratt Memorial Library, Cohasset Recreation Department, Cohasset Police Department, Cohasset Public Schools, Second Congregational Church, town leaders, health professionals, parents, youth, fire personnel, and concerned citizens. In September 2017, Safe Harbor was awarded a federal Drug-Free Communities (DFC) Support Program grant, which focuses on preventing substance use among youth ages 12-17.

Since then, the group has worked to foster a strong and inclusive community that allows youth to strive and encourages healthy, educated and responsible choices about drug and alcohol use. The mission is supported by evidenced based, prevention focused, sustainable policies and youth-focused programs, such as Ground Level Café and the Safe Harbor Youth Ambassador Program. To learn more, and to find resources for both parents and teens, visit the Safe Harbor website at safeharborcohasset.org. Keep up to date on the latest news and trends by following Safe Harbor on Facebook at www.facebook.com/safeharborcohasset, on Twitter [@cohsafeharbor](https://twitter.com/cohsafeharbor), and on Instagram [@safeharborcohassetcoalition](https://www.instagram.com/safeharborcohassetcoalition).