



# Family Day

*A day to eat dinner with your children™*

10  
9-12-06

Protect your children from drugs, alcohol and cigarettes.

Children who eat dinner with their family are less likely to use these substances.

Take time out of your busy schedule and observe Family Day by having dinner together on **Monday, September 25.**

Family dinners are about more than just sharing food. The conversations help parents learn about their children's lives and the challenges they face.

Engaging your children and listening to them is a simple way to reduce youth substance abuse and raise a healthy family.

Information is available at [www.casafamilyday.org](http://www.casafamilyday.org)

