



December Newsletter

Prevention

MASK (Mothers Awareness on School-Age Kids)
www.azmask.org

Upcoming Events

December 8th:

California Pizza Kitchen
Fundraiser 12-9pm (Desert
Ridge) 20% of proceeds
goes to MASK, download
flyer at www.azmask.org

December 11th: MASK

Meeting at Highlands
Church 11:00-12:30

Prevention Tactics/
Conversation Starters

December 13th: Change

Drive

9-1pm local grocery stores
email
marylynn@azmask.org to
get your kids involved

**Our FIRST Fundraiser
Luncheon is coming up
February 28th 2009**

**Reserve your seats at
www.azmask.org
Seating is limited**

A Letter from the Founder/President

The holidays are rapidly approaching, decorating, wrapping, shopping, and the long lists that apply to each and every one. The holidays are also a time for getting together with family & friends, social events and parties, which usually always include alcohol of some sort. This brings us as parents a perfect opportunity to model for our children what is appropriate. Also it gives an opportunity to generate conversation with our children in regards to alcohol. Establishing healthy communication with your child, and taking advantages of situations like these, is the key to keeping our children safe and aware. Here are some ideas to help get you started:

- Talk out load with your spouse and determine who is going to be the designated driver if going out for an event.
- Explain to your children your views and beliefs on alcohol.
- 21 is the age...and the consequences if they drink before then...Legally....and Health Wise(If kids drink before 21 they are 4x as likely to before addictive to it.)

Take advantage of the opportunity, drink responsibly, and *lock up* your alcohol. Set an example for your children, they learn what they see...

Healthy Holidays,
Kimberly Cabral



We are currently forming Committees for different events if you would like to take a more active involvement with our organization please email michelle@azmask.org

Together we can make a Difference.



Help Promote kids making healthy choices have them wear these t-shirts on meeting days and fundraiser events.. order them at www.shopazmask.org

Missed a Meeting order it on DVD for \$5.00
www.shopazmask.org

- *Eating Disorders*
- *Drug & Alcohol Trends*
- *Drugs & Internet Safety Talk to kids*
- *What kid crimes are Happening in your neighborhood*



Get your kids involved in the “Change Drive”
Saturday December 13th 9-1pm

Locations:

- AJs Fine Foods at Pinnacle Peak/ Pima
- Safeway at Scottsdale Rd/Pinnacle Peak
- AJs Fine Foods at Lone Mountain/Scottsdale Rd.

Contact MaryLynn@azmask.org to get your kids involved. Service Hours qualify. Or call 480-209-0444