

VAPING CAN EXPOSE KIDS' LUNGS TO TOXIC CHEMICALS THAT CAN CAUSE IRREVERSIBLE DAMAGE

# GET TO KNOW VAPING



# THERE'S A LOT TO KNOW ABOUT VAPING:

**WE KNOW A LOT MORE NOW THAN WE DID WHEN  
VAPES FIRST CAME ONTO THE MARKET. STILL, THERE  
IS A LOT OF CONFUSING INFORMATION OUT THERE.**

Two-thirds of teenagers are unaware that e-cigarettes contain addictive nicotine, as well as toxic chemicals such as formaldehyde, diacetyl, and benzene. Which is why it is more important than ever to be aware of the health risks associated with vaping, and to talk about them with your kids.

To learn more about the dangers associated with vaping—and to get tips on how to talk to your kids—scan the QR code below or visit:  
[ma.mylifemyquit.org/resources-parents](https://ma.mylifemyquit.org/resources-parents).

**GET TO KNOW  
VAPING**

**CHICOPEEPS.ORG**

Facts and statistics found in this postcard, as well as additional information on the risks of teen vaping, can be found at [ma.mylifemyquit.org](https://ma.mylifemyquit.org) or at [samhsa.gov](https://samhsa.gov)



**CHICOPEE**  
PUBLIC SCHOOLS

134 Dulong Circle, Chicopee, MA 01022

**The COVID-19 vaccine is the best way to keep yourself, your family and your community safe.**

In communities where vaccination rates are high, infection rates are low. There's a lot of information about COVID-19 and the vaccine, and it can be overwhelming.

We can help clear things up!

If you or someone you know still has questions about whether you should get vaccinated or not, where to go to get your vaccine, and even how to get there, we have answers.

For more information, contact the Stratford Health Department.

**Call:** 203.385.4090

**Email:** [health@townofstratford.com](mailto:health@townofstratford.com)

**Visit:** [ct.gov/covidvaccine](http://ct.gov/covidvaccine)



**Stratford Health Department**  
468 Birdseye Street  
Stratford, CT 06615

PRSR STD  
U.S. POSTAGE  
PAID  
HARTFORD, CT  
PERMIT #2805



**Keep your loved ones safe.**  
**Keep Stratford COVID-Free.**

**Get all the vaccine facts:**  
**[ct.gov/covidvaccine](http://ct.gov/covidvaccine)**




## CHANGE THE CONVERSATION.

When it comes to drugs and alcohol, our teens face a lot of conflicting information, not to mention intense peer pressure, every day. That's why it's so important to talk with—and listen to—them about substance use. Our kids count on us to give them the straight FACTS, and to understand where they're coming from, so they can make smart choices.

It may not be easy. But we're here for you with support and resources to help keep your family safe and healthy through substance abuse prevention.

To learn more, or for additional information regarding our programs, visit: [changecollaborative.squarespace.com](http://changecollaborative.squarespace.com) or call 860-647-5216.

 [facebook.com/ChangeCollaborative](https://facebook.com/ChangeCollaborative)

 [@facts\\_ccmanchester](https://instagram.com/@facts_ccmanchester)



63 Linden Street  
Manchester, CT 06045

PRSRT STD  
U.S. POSTAGE  
PAID  
HARTFORD, CT

# CHANGE THINGS UP

There's a better way to talk with our teens about the dangers of drugs and alcohol.




## CHANGE THE CONVERSATION.

When it comes to drugs and alcohol, our teens face a lot of conflicting information, not to mention intense peer pressure, every day. That's why it's so important to talk with—and listen to—them about substance use. Our kids count on us to give them the straight FACTS, and to understand where they're coming from, so they can make smart choices.

It may not be easy. But we're here for you with support and resources to help keep your family safe and healthy through substance abuse prevention.

To learn more, or for additional information regarding our programs, visit: [changecollaborative.squarespace.com](http://changecollaborative.squarespace.com) or call 860-647-5216.

 [facebook.com/ChangeCollaborative](https://facebook.com/ChangeCollaborative)

 [@facts\\_ccmanchester](https://instagram.com/@facts_ccmanchester)



63 Linden Street  
Manchester, CT 06045

PRSRT STD  
U.S. POSTAGE  
PAID  
HARTFORD, CT

# CHANGE THINGS UP

There's a better way to talk with our teens about the dangers of drugs and alcohol.



## Put Prescription Drugs in Their Place.

Drug abuse takes all forms, including the off-script use of prescription drugs. You can protect your family with a few simple precautions.

Keep your pills stored in a secure spot. And if you no longer need them, dispose of them safely by dropping them off at the medication drop box in the lobby of the Stratford Police Department – open 24/7. Drop-off is anonymous and contact-free, and there is no charge.

Together we can keep the drugs out of circulation so they cannot be abused.

**August 31 is International Overdose Awareness Day.** If you or someone you love struggles with substance misuse or abuse, there is help.

**Call 1-800-563-4086 for treatment.**

Get online support at NAMI Opioid Support Group Meetings. Simply send an email to [admin@namict.org](mailto:admin@namict.org) for an invitation.

To join a weekly virtual support group for families, email [donna@thecaresgroup.org](mailto:donna@thecaresgroup.org) or call 855-406-0246.

More information is available at [drugfreect.org](http://drugfreect.org) or [liveloud.org](http://liveloud.org).

A message from the **Stratford Partnership for Youth and Families**—working to create a safe, healthy and drug-free community where youth and families thrive.  
This document was developed, in part, under grant SP02570 from ONDCP and SAMHSA.



c/o Strat  
468 Bird  
Stratford

# LOCK • LIMIT • DISPOSE

# CHANGE the SCRIPT



For resources, go to **[drugfreect.org](http://drugfreect.org)**



**TALK TRASH TO  
YOUR FRIENDS.  
EARN UP TO \$3,000**



**ACCEPTING APPLICATIONS AT  
[JOBS@USARECYCLE.COM](mailto:JOBS@USARECYCLE.COM)**

**OUR TEAM IS  
GROWING!**



**We're looking for a few  
good CDL Drivers to join  
our team.**

**Spread the word! You and the new  
hire can each earn a \$3,000 bonus!**

**LET THEM KNOW THAT WE OFFER:**

- ✓ **GENEROUS PAY AND BENEFITS**
- ✓ **LOCAL, CONSISTENT ROUTES**
- ✓ **SIGNING AND REFERRAL BONUS**
- ✓ **NO TOUCH FREIGHT**

Your Name: \_\_\_\_\_

Referral's Name: \_\_\_\_\_

Write in names on the lines above and bring this card to the hiring  
manager to qualify for your referral bonus!

**ACCEPTING APPLICATIONS AT  
[JOBS@USARECYCLE.COM](mailto:JOBS@USARECYCLE.COM)**





**SERVICE**  
**YOU CAN**  
**COUNT ON.**



# EXPECT THE BEST.



With USA Waste and Recycling, you won't have to worry whether or not your trash will be picked up. We're on it, with reliable trash and recycling services for you and all of the communities we serve. We're local—you've probably seen our trucks right in your neighborhood so you can expect nothing but the best, most responsive service around.

***Family owned and operated since 1974.***

**GET STARTED TODAY!**

**Call 800-998-2984 or visit [usarecycle.com](https://usarecycle.com)**

**USE PROMO CODE: USARECYCLE**

to receive a free month of service!

