

NATURAL HIGHS Programs for Teens & Parents

FALL 2021 at NEW VISTA & Beyond

- **Natural Highs Workshop Wednesdays, 12.30-2.30**

In this quarterly Natural Highs Workshop students can learn about healthy alternatives to substance abuse, healthy strategies for mental health and emotional well-being, understanding what desire might underly craving for substances and/or unhealthy behaviors, and the brain chemistry of substances and healthy strategies. The workshop is taught by Natural Highs Peer Mentors and allows for leadership among students to create a positive peer culture at New Vista and beyond. Please sign up for the Workshop with Marinela Maneiro at New Vista.

- **Natural Highs Community Experience (for Credit)**

We offer students to participate in Natural Highs in the wider community, in our **FREE After-School program on Tuesdays from 4. 15 to 6.30pm** at September Outdoor School, 96 Arapahoe Ave in Boulder, or participate as a peer mentor in community-based projects bringing Natural Highs to schools and youth programs as a peer mentor. There is Community Experience Credit available for students who volunteer as Peer Mentors. Contact Marinela Maneiro at New Vista to be signed up for Natural Highs Community Experience Credit (CE). More info on: www.naturalhighs.org. Check this website for possible location changes in the winter.

- **FREE AcuDetox/AcuWellness for People All Ages**

We offer FREE AcuDetox/AcuWellness which is an acupuncture treatment to the ears that has benefits for stress, anxiety, trauma, sleep and general well-being **on Tuesdays from 5.30 to 6.30pm** at September Outdoor School, 96 Arapahoe Ave in Boulder. Teens, Adults, families, and people all ages are welcome to attend, no registration required. More info on: www.naturalhighs.org. Check this website for possible location changes in the winter.

- **Parent & Family Nights at New Vista**

We offer Parent & Family Nights on the topics of Anxiety, Mental Health, Substance Abuse Prevention and more. Feel free to sign up to receive the info on all our Natural Highs Presentations on www.naturalhighs.org.

- **Monday, September 20, 6-7.30pm, “Turn Anxiety into your Superpower”** – Learn Strategies for Anxiety and Stress that you can use as a whole family - Inperson or Online (TBD)
- **Wednesday, October 13, 6-8pm: “Medicating Normal” Online Documentary and Discussion** – Learn about the difference between trauma, emotional issues and mental health disorders and how to best support your teen – Registration required on www.naturalhighs.org
- **Wednesday, November 10, 6-7.30pm: Current Trends & Risks in Teen Substance Abuse in our Community** – Learn about current high-risk issues around high THC Cannabis and Fentanyl in our community. You are welcome to bring your questions.

- Wednesday, December 8, 6-8pm: **Online Alcohol Documentary & Discussion** - Watch the acclaimed European documentary “Alcohol – The Magic Potion” Online in community with your teens in order to have a conversation starter around alcohol and its risks. The documentary shows the Iceland Model and Natural Highs as promising models to substance abuse prevention.

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Teens & adults can sign up for FREE for the Natural Highs Emails and Natural Highs Programs and Sober Events: www.naturalhighs.org

We hope that the NATURAL HIGHS Resources can give teens and adults tools to stay strong and resilient during these challenging times.

Please let me know if you have any questions: 303-859-5778

Please stay strong & inspired ♡
Avani

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