

# Family Calendar



Talk with your kids regularly about **substance** use



Monitor **dangerous substances** in your home



Get rid of **expired or unused medications**



Healthier, safer youth and community start here.

[UPLIFTIRONDEQUOIT.ORG](http://UPLIFTIRONDEQUOIT.ORG)

Month: \_\_\_\_\_

sun	mon	tue	wed	thu	fri	sat
				 		
						
				 		
						 
						