



HPCC HAPPENINGS

Preventing substance abuse and empowering community

Who We Are

The HPCC is a grant-funded organization dedicated to preventing substance abuse and supporting a healthy environment in Hazel Park.

What We Do

The HPCC supports Hazel Park students and families in living healthy lives from the inside out through social education, community collaboration, and political advocacy.

Get In Touch

Follow us on Facebook and Instagram @HazelParkCC

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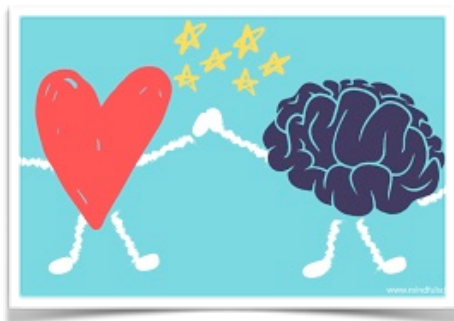
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This month in focus: Managing Negative Peer Pressure

Peer pressure can be either positive or negative. When peer pressure is positive, it pushes you to be your best, healthiest self. Negative peer pressure is when someone who is a friend or part of a group you belong to makes you feel that you *have* to do something to be accepted. Here are some strategies for managing negative peer pressure:

- ♦ **Pay attention to how you feel.** If something doesn't feel right, even if your friends seem okay with what's going on, the situation may not be right for you.
- ♦ **Plan ahead.** Think about how you will respond in different situations.
- ♦ **Have a secret code to communicate with your parents.** Agree on something you can say or text to your parent/s to let them know you need out of a situation.



Mindful Corner

4-7-8 Breathing

Deep breathing is one of the BEST and EASIEST practices you can learn to help reduce worry and get into a clear, focused, happy mind. The 4-7-8 Breathing technique is one of the most effective practices for doing this!

Here's how:

- ✦ Breathe in through your nose for 4 seconds (quietly)
- ✦ Hold your breath in for 7 seconds
- ✦ Breathe out through your mouth for 8 seconds (audibly)
- ✦ Repeat this cycle at least 4 times, more if you can!

As a bonus, when you're breathing, try to focus only on the feeling of your breath flowing in and flowing out.

Try practicing 4-7-8 Breathing during breaks in your school day or before falling asleep at night.

Practice mindfulness and yoga made just for Hazel Park on youtube @HazelParkCC

✦ **Give an excuse.** It should be okay to say "no" without justifying yourself. But sometimes it's easier to say no if you have a ready reason.

✦ **Get support from a trusted adult.** Parents, mentors, teachers, counselors, family friends, or anyone else who has your back.

The influence our friends have over our attitudes and behaviors is a natural part of human social life. That's why it's so important to *choose your friends wisely*.

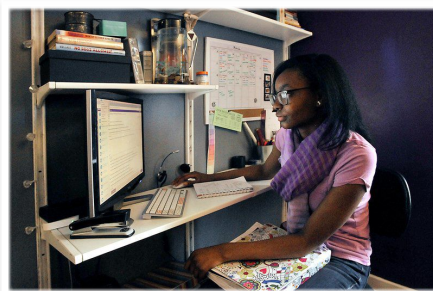
How are YOU doing with peer pressure?

Visit Above the Influence and take this quick quiz!

<https://abovetheinfluence.com/how-are-you-doing/>

Helpful Tips for Distance Learning

1. Take regular breaks from screens for healthy eyes
2. Keep track of your online schedule with a calendar
3. Find a study space with natural light and fresh air
4. Focus on things you *can* control to help you have a positive attitude
5. Start a social distance study group
6. Use a whiteboard or designated journal to log the status of your daily assignments
7. Get outside for fresh air during breaks and after classes
8. Maintain your extracurricular activities and hobbies outside of school
9. *It's okay not to be okay* - these times are confusing, stressful, and overwhelming. Be gentle with yourself and reach out for support and help when you need it.



Youth Action Board Meet And Greet!

The HPCC's YAB is a group of inspired students who want to see positive changes in Hazel Park related to substance abuse prevention, mental health awareness, and building positive student culture. We're excited to expand our crew this year, and would love to meet you at our YAB Meet and Greet at the end of the month! Check out the flyer below for more information.

**Hazel Park Community Coalition
YOUTH ACTION BOARD**

MEET AND GREET

PIZZA | CORNHOLE | MUSIC | GIVE AWAYS

WEDNESDAY, SEPTEMBER 23RD @ 4:00PM - 5:00PM
FRONT LAWN OF HAZEL PARK HIGH SCHOOL
MASKS ARE REQUIRED

HELP US GET A COUNT FOR PIZZA! REGISTER @
[HTTPS://FORMS.GLE/AEVZNB7NSXYQ7EPR6](https://forms.gle/AEVZNB7NSXYQ7EPR6)

  
@HAZELPARKCC

IN CASE OF RAIN,
MEET ON WEDNESDAY SEPT. 30TH
AT THE SAME TIME AND PLACE

THE HAZEL PARK COMMUNITY COALITION PRESENTS

SOCIAL DISTANCE YOGA AND MEDITATION FOR HAZEL PARK TEENS

NO EXPERIENCE NECESSARY! ALL ARE WELCOME!

Join us for bi-weekly yoga and meditation classes for **teens age 13-17**. Each participant will be **gifted** a yoga mat to keep!

Print, complete, and bring the *Yoga and Meditation waiver* under "Newsletters and Information" on our website:

www.hazelparkschools.org/community/community-engagement-committee/

Participants without a waiver will NOT be permitted to practice.

**SEPT. 3RD & 17TH, OCT. 1ST & 15TH
4:00 - 5:00 P.M. AT SCOUT PARK**

Masks are required at this event and social distancing will be observed in accordance with guidelines set forth by the CDC. Please bring water and dress appropriately for the weather. In case of rain or temperatures below 50 degrees, this event will be hosted via Zoom.

Meeting ID 853 3476 9900 Passcode 541037



September 2020 Events and Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy first day of school!	2	3 4pm Social distance yoga and meditation Scout Park	4 	5
6	7 Labor Day	8	9	10	11	12
13 Grandparent Day	14 	15	16	17 4pm social distance yoga and meditation Scout Park	18 	19
20  <small>shutterstock.com • 704243677</small>	21 International Day of Peace	22 Autumn Begins	23 4pm Youth Action Board Meet- up	24 	25	26
27	28	29	30 (YAB Meet up rain date)			