



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,
Instagram, and YouTube
@HazelParkCC**

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This month in focus: Drugs and the Brain

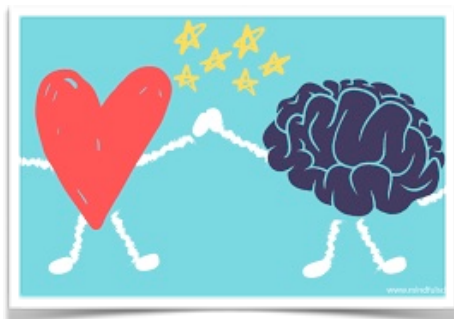
I'm sure you've heard that drugs hurt your health. But do you know how?

Your brain spends all day sending and receiving messages.

Dopamine is one chemical that helps the brain send and receive these messages. When you do something enjoyable, like eating chocolate, dopamine levels rise. The brain notices the extra of dopamine, and remembers the good feeling so that you are more likely to want to do it again.

Drugs cause an unnaturally high increase in dopamine. When drugs are abused, over time the brain becomes used to the very high levels of dopamine that the drugs deliver. This leads to powerful cravings that make it very difficult to stop, even though drugs are harmful. The state of being ruled by these cravings is called **addiction**.

The best way to prevent addiction is to choose never to do drugs. Your brain, and your whole body, will thank you!



Mindful Corner

**HPCC weekly online
Yoga and Meditation
classes have begun!**

**Visit our YouTube channel
@HazelParkCC to start
practicing today!**

From a tough spring semester of distance learning to dealing with the confusion of these uncertain times, you might be feeling **stress** right now. You might feel tightness in your body, have upsetting thoughts, or feel sad, angry, or scared.

The good news is that there are **quick and easy** things you can do to help yourself feel better! And we're here to teach you how.

In June, the HPCC began **FREE** weekly online yoga, meditation, and breath work classes for Hazel Park families. Check out our Youtube Channel @HazelParkCC for new videos every Friday!

Happy, Healthy Summer

Summer is here! With longer days and a lighter schedule, we might not be thinking as much about maintaining **healthy routines** in our lives. Here are some tips for staying healthy this summer...

- ♦ Drink lots of water to stay hydrated and refreshed
- ♦ Make bedtime more relaxing by playing soft music as you get into your PJs, brush your teeth, and say goodnight
- ♦ Eat breakfast! Make it a well-rounded meal with whole grains, healthy fats, fruit, and protein
- ♦ Make time **every day** for play, activities, learning, and rest

Family Game Night






Sometimes we are really successful at doing our schoolwork, being a kind friend, having a positive attitude, or participating in activities that make us happy. Other times, we have challenges with negative thinking, inappropriate behavior, or not taking responsibility for something that is ours to do.



Every person on the PLANET has to learn from times when we aren't at our best. Play **"The Fortunes of Flubbing"** with your family for a creative and entertaining way to talk about blunders as springboards for success. (Parents, you get to decide which Success and Flubbed It cards you include in the deck, and there are blank templates for you to create your own! Remember - "flubbing it" in this game is not about failing to achieve, but about times when we aren't in our fullest integrity.)

Print out YOUR copy at: https://gostrengthsftp.s3.us-east-1.amazonaws.com/Printables/FortunesofFlubbing_GoZenPrintable.pdf

July 2020 Events and Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 	4 Independence Day
5 Lunar eclipse visible to Michigan at 12:00AM	6 	7	8	9	10	11
12	13	14	15	16	17 	18 Nelson Mandela Day
19	20 Global Hug Your Kid Day	21 	22	23	24 National Cousins Day	25
26	27	28	29 	30 United Nations International Day of Friendship	31	

