

**Presents:**



**Wake-Up Call** is a life-size exhibit of a teen's bedroom with more than 20 "red flags" that can signal drug or alcohol use. The bedroom identifies spots where teens may hide drugs, household items that can be used as drug paraphernalia and ways teens try to cover up drug and alcohol use.

**Participants will:**

- Learn the signs and symptoms of alcohol and drug use
- Receive a guided tour of the bedroom
- Learn parenting strategies to help prevent substance use
- Receive a comprehensive resource handbook
- Receive an opportunity to go through the bedroom and ask questions.



Executive Director, Your Choice to Live, Inc. Ashleigh Nowakowski has been working in the substance abuse prevention field since 2009. Her work includes speaking in middle and high schools, teaching in health classes, and working with high risk youth in the Detour program. Ashleigh also has experience working with youth who are concerned about a loved one's substance use. Ashleigh has her Master's degree in Public Administration.



Founder of Your Choice to Live, Inc. Sandi's personal experience with her son, Tyler's addiction and her passion for helping others led her to leave her career in banking to start Your Choice to Live, Inc. Your Choice is a drug and alcohol abuse prevention, education and awareness program for students, parents and communities.



Educational Coordinator, Katie is a certified K-12 School Counselor and former Rehabilitation Counselor. Her experience includes working as a counselor for the Wisconsin Division of Vocational Rehabilitation, program manager at the University of Wisconsin-Milwaukee and most recently, the coordinator for parent and community education programs in the Oconomowoc Area School District for 8 years. Her passion is to help empower parents and provide them with the resources, support and information they need to raise a drug free child.

**Wednesday, October 24, 2018**

Arrowhead Union High School  
Auditorium  
700 North Avenue  
Hartland, WI 53029

**6:30-8:00 PM**

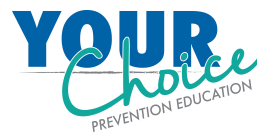
**Wake Up Call tour presented by  
Your Choice team members**

For questions about this event, please contact Barb Whyte at (262) 369-3611 ext. 4115, whyte@arrowheadschoools.org or Sandi Lybert at (262) 367-9901

**This presentation is for adults only (21 years of age & over).**

For more information or to register for this FREE event please visit:  
<https://wakeupcallahs.eventbrite.com>

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