



The National Center on  
Addiction and Substance Abuse

**Family Day**

*Be Involved. Stay Involved.®*

Celebrate **Family Day** - September 26, 2016

## **BE A *FAMILY DAY* STAR!**

I pledge to be a *Family Day* **STAR** who:

**S**- Spends time with my kids

**T**- Talks to them about their friends, interests and the dangers of nicotine, alcohol, and other drugs

**A**- Answers their questions and listens to what they say

**R**- Recognizes that I have the power to help keep my kids substance-free

You can mail the attached sign up form to:

*Family Day*

The National Center on Addiction and Substance Abuse

633 Third Avenue, 19th Floor

New York, NY 10017

