

# Fairfield CARES Community Coalition

## Who We Are

Each month, Fairfield CARES brings together a wide array of community members (parents, school personnel, health providers, to name a few) who volunteer to help plan programs and initiatives to reduce and prevent teens from using alcohol, cannabis/marijuana, tobacco/nicotine, opioids and other drugs. Because how teens feel about themselves impacts their behavior, Fairfield CARES also promotes mental health wellness and provides resources to help teens manage stress and anxiety. Fairfield CARES welcomes ALL who want to be involved in helping youth thrive.



## Our Mission

The Fairfield CARES Community Coalition focuses on preventing substance misuse, fostering social-emotional wellness, and resilience among youth, young adults, and families. The Coalition builds capacity, mobilizes the Fairfield community, and develops comprehensive strategies to help families make healthy choices that allow youth and young adults to thrive.

**Visit the Fairfield CARES website:**  
**[fairfieldct.org/fairfieldcares](http://fairfieldct.org/fairfieldcares)**



THE TOWN RESOURCE FOR HEALTHY CHOICES

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## What We Do

**Provide Resources:** Our “Tough Topics: Talking Tips For Every Age” pamphlet is a must have for every parent who needs help talking to their kids about drugs and alcohol.

Fairfield CARES educates parents on substance use and mental health through its monthly newsletter, PTA newsletters, presentations, and community events. We also partner with area schools to share new health curriculums and programs.



**Engage Youth:** The Fairfield CARES Youth Committee (FCYC) is a group of high school teens who plan and implement peer to peer prevention activities, such as promoting resources to help teens quit vaping, distributing “I’m Here For You” bracelets to classmates as a mental health initiative, and producing social media videos to prevent underage drinking or marijuana use, among many other activities.

**Collaborate with Community Partners:** The work of the coalition is reliant on building relationships and collaboration with several community partners such as the Fairfield Public Schools, Health Department, Police Department, Public Library, AMR/EMS, Boys & Girls Club, and many others. Our community-based initiatives help to establish a healthier community so drugs and alcohol are not accessible to youth.

***Local Concerns Require Local Solutions!***

**Join Our Coalition Today**



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**Questions?** Email: [fairfieldcares@fairfieldct.org](mailto:fairfieldcares@fairfieldct.org)