



RECEIVE **FREE** TRAININGS
**MATERNAL AND FAMILY
HEALTH & WELLNESS**

FUNDED IN PART BY THE NEW JERSEY DEPARTMENT OF HEALTH, OUR SKILLED TEAM OF RISK REDUCTION SPECIALISTS OFFERS NO-COST TRAININGS THAT BUILD AWARENESS AND COMPETENCY ON A VARIETY OF TOPICS.

WE ALSO PROVIDE RESOURCES FOR PREGNANT WOMEN FACING SUBSTANCE USE CHALLENGES.

CONTACT US TODAY TO REQUEST CUSTOMIZED ON-SITE OR VIRTUAL TRAINING FOR YOUR STAFF, STUDENTS, CONSUMERS, OR ORGANIZATION.

DEBBIE RISCICA
DRISCICA@CJFHC.ORG

ROSEANN CERVELLI
RCERVELLI@CJFHC.ORG

SARAH SKROCKI
SSKROCKI@CJFHC.ORG

WEBSITE
WWW.CJFHC.ORG
PHONE
(732) 937-5437



@CJFHC



@INFO_CJFHC

SUBSTANCE USE

THE OPIOID CRISIS
THE IMPACT OF ADDICTION

CANNABIS
CURRENT TRENDS

RECOVERY SUPPORTS
TIPS & TECHNIQUES

HEALTHY PREGNANCIES
REDUCE PRENATAL RISKS

**TOBACCO, VAPING
& E-CIGARETTES**
OLD HABITS, NEW DANGERS

**FETAL ALCOHOL
SPECTRUM DISORDERS**
SIGNS, SYMPTOMS & STRATEGIES

AUDIENCES SERVED

STUDENTS • PARENTS • GUIDANCE COUNSELORS
NURSES • STUDENT ASSISTANCE COUNSELORS
TREATMENT & RECOVERY PROVIDERS

HEALTHIER LIVING

SUBSTANCE ABUSE
IMPACT ON DEVELOPING BRAINS

TEENAGE STRESS
COPING TECHNIQUES

**SELF-COMPASSION
& STRESS MANAGEMENT**

ERASING THE STIGMA
SUBSTANCE USE DISORDERS

**MATERNAL AND FAMILY
HEALTH & WELLNESS**
EDUCATION & RESOURCES

SOCIAL MEDIA USE
RESOURCES & COMMUNITY SUPPORT

COUNTIES SERVED

OCEAN • MONMOUTH • MERCER
MIDDLESEX • HUNTERDON
SOMERSET