



**VIRTUALLY  
SUPPORTING  
YOU DURING  
COVID-19**

**YES**  
YOUTH EASTSIDE SERVICES  
425-747-4937

[youtheastideservices.org/covid19-response](https://youtheastideservices.org/covid19-response)

**EHS Community--Would you like support** with the challenges of heading back to school, vaping, family conflicts, substance use, stress or are you worried about a family member or friend's drug/alcohol/vape use?

If you want help and can benefit from brief drop-in counseling or consultation, you can easily connect with our Youth Eastside Services (YES) Counselor, Andrea Frost. Just use her virtual drop-in office hours on Zoom on Tuesdays or Wednesdays starting September 7<sup>th</sup>/8<sup>th</sup>. She is our Substance Abuse Prevention Intervention Specialist (PI) and is here to support you. In person office hours are to be determined at this time.

### **YES PI Services Offered with Andrea:**

**Drop-in counseling/consultation hours are available to students, parents/caregivers and teachers/staff.**

- To register, please click on a link below for Tuesday or Wednesday. You will then receive an email with information on how to join the virtual meeting. Sessions are approximately 15 minutes each and if you want to, we can talk about setting up another time for a longer future visit.
  - [Tuesdays 10:00am-11:30am](#)
  - [Wednesdays 11:00am-12:30pm](#)

### **Substance Use & Prevention Support Groups for Students—Days/Times to be determined**

#### **\*Recovery Group**

- For students who are working toward or are in recovery from substance use. Learn healthy coping skills and tools, along with mindfulness strategies on how to support present and future goals of not using substances. Ongoing group, can join at any time.

#### **\*Affected Others Group**

- For students who are affected by others' substance use (family or friends). Confidential space to explore and express feelings, build community and reduce feelings of isolation. Also a space to feel empowered and have fun. Ongoing group, can join at any time.

#### **\*Quit Vaping Now Group**

- For students who want to work towards not using nicotine products of any kind. Building motivation to quit by recognizing triggers, learning mindfulness strategies to reduce stress, and creating steps for success with realistic goals. 4 week series, ongoing group, can join at any time.

**First steps to participate in group:** contact your school counselor, call or email Andrea at 425-747-4937 x2721 or [andrea@youtheastideservices.org](mailto:andrea@youtheastideservices.org) (encrypted email)