



Mendocino County Health and Human Services Agency

Healthy People, Healthy Communities

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FOR IMMEDIATE RELEASE

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PARENT RESOURCE GUIDE

The Community Health Prevention Unit of the Mendocino County Health and Human Services Agency is happy to announce the release of the second edition of its Parent Resource Guide (PRG). The PRG is available either electronically or via U.S. mail.

The guide was conceived and produced by the Asset Building Coalition (ABC). The ABC is a Ukiah based Coalition which focuses on youth development and the prevention of alcohol and other drug abuse. Funding for the guide was made possible by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

The PRG provides readers with a large amount of useful information - from the signs of childhood depression and suicidal thinking to how marijuana affects young brains; from referral phone numbers and on-line resources to the legal responsibilities of parents and guardians who provide alcohol to minors – even to their own children. To download a copy, please visit to the [County Alcohol and Other Drug website](#). To request a copy via U.S mail, please call: (707) 472-2611.

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