

Community Health Awareness for Adolescents and Teens CHAAT



Join us in building
a safer, healthier
future for our youth.

FREE CEUs

Community Health Awareness for Adolescents and Teens (CHAAT) is an innovative program designed to encourage resiliency, coping, and social skills, develop healthy habits, and improve social and family relationships.

CHAAT addresses pressing issues affecting today's adolescents and teens, including social media usage, sleep hygiene, recognizing online grooming, and ensuring safe online gaming practices. We aim to empower 800 local teens, parents, and professionals with the knowledge and tools to navigate these challenges confidently. Through this program, CHAAT will also provide families with actionable resources and ongoing support to help prevent future crises, fostering resilience and well-being in our community. We are proud to have connected with and positively impacted the lives of over 500 individuals in the Bexar County community.

To learn more, contact:

Email: CHAAT @chcsbc.org

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Nick S. Raczek MS, LPC / CHAAT Clinic Administrator

Program recommended for ages 11 and up

CURRENT TOPICS

- Online Grooming
- Positives and Negatives of Social Media
- Sleep Hygiene
- Gaming
- Suicide Prevention



**the
center**
for health care services