



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
2705 Techny Road  
Northbrook, IL 60062  
[www.nsymca.org](http://www.nsymca.org)

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FOR IMMEDIATE RELEASE

**YMCA Presents Informational Discussion on Suburban Heroin Epidemic**

**Northbrook, IL: November 2015** – With heroin abuse quickly on the rise among teens and young adults, parents and community leaders need to understand the roots of the problem and the warning signs of addiction. On Tuesday, November 17, the Northbrook Family Network will present certified addiction counselor PJ Newberg to discuss the startling statistics about suburban heroin use and to share the struggles she faces herself as the parent of an addicted teen. Her presentation will take place at the North Suburban YMCA, 2705 Techny Road in Northbrook, beginning at 7:15pm.

Newberg is a frequent speaker to community groups and police departments. She runs the non-profit informational website [NorthShoreSecretHeroinProblem.com](http://NorthShoreSecretHeroinProblem.com), a resource to raise awareness and help families take action when they suspect that their teens are using drugs. Her personal and professional experience give her a unique perspective on the growing problem of heroin, which she describes as cheap and widely available in the Chicago area.

This presentation is free and open to the public. For more information, contact the North Suburban YMCA at 847 272 7250.

**About the North Suburban YMCA**

The YMCA is a not-for-profit entity and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Barb Flanagan at 847-272-7250 or [bflanagin@nsymca.org](mailto:bflanagin@nsymca.org), or visit [www.nsymca.org](http://www.nsymca.org).

**About Northbrook Family Network (NFN)**

Northbrook Family Network (formerly Northbrook Citizens for Drug and Alcohol Awareness (NCDAA)) is a volunteer-based, 501(c)(3) not-for-profit community organization, dedicated to serving the community

with comprehensive programs for family education and support. NFN proposes to accomplish this mission by initiating, organizing, facilitating, and coordinating family education programs; collaborating with other sectors of our community; providing information on social issues of importance to families; and networking with other local, state, and national organizations. NFN is an independent agency, governed by an independent volunteer board, in partnership with the North Suburban YMCA. For information on how to support NFN as a donor or volunteer, contact Sari Glazebrook, [sglazebrook@nsymca.org](mailto:sglazebrook@nsymca.org).