



The Dinner Table Project **Table Talks**

Unplug Communicate Encourage

Table Talks is an extension of The Dinner Table Project that started in 2020. We know that the conversation changes as our young people grow into teens. Table Talks has tips on talking to your teens about drugs and alcohol, mental health, dating and their future.



Learn more at:

thedinnertableproject.org



The Dinner Table Project

Unplug Communicate Encourage

A programs for families to eat together, have fun, and grow closer through conversation.



KENTUCKY
REGIONAL
PREVENTION
CENTERS

Who Are We?

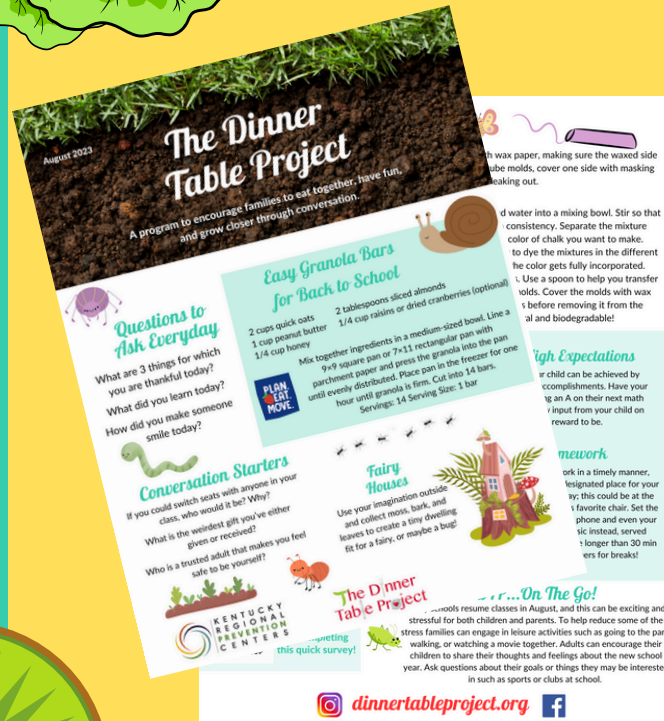
The Dinner Table Project was created in 2015, with the idea that families that eat together, have better relationships.

If children have better relationships with their families, they are less likely to try drugs and alcohol.



Why do we do it?

Families that eat together at least a few times a week report higher self-esteem, better academics and a lower risk of drug and alcohol use!



What's in a Newsletter?

Newsletters contain conversation topics, recipes, games, and tips on how to help your young person grow. If you would like to subscribe to our newsletters, go to www.thedinnertableproject.org



We encourage our families to have electronic free meals. By putting away our devices, we are able to have better conversation and uninterrupted connection.

What Else is There?

The Dinner Table Project has materials to help your family have distraction free meals! If you would like to talk to someone about how to get better connected to The Dinner Table Project, send us an email: kydinnertableproject@gmail.com

