



Supporting Youth Navigating Challenges (S.Y.N.C.)

PARENT INFORMATION SHEET

This intervention focuses on helping students understand the dangers and risks associated with substance use, focusing on how to manage stress, peer pressure, and making healthier choices.

Intervention & Education Program

SYNC is a 2-day intervention program from **8:45 a.m. - 12:45 p.m.**

Instructional materials, including pencil and paper will be provided
do **not** bring a backpack

Arriving on time and attending the full class is required to complete the program

Location

Chaparral High School

1600 North Cuyamaca Street, El Cajon CA 92020

- Located at the corner of Cuyamaca Street & Bradley Avenue
 - shares parking lot with IDEA Center High School

Cell phones/Electronic devices

- Students are encouraged to leave all electronic devices at home.
- Students who bring their cell phones will be required to turn them in upon arrival. It will be returned to the student at the completion of the intervention

Arriving for the Program

- Students should meet at the ramp on the left side of IDEA Center's campus (closest to Swift Lane and the parking lot entrance)
- The teacher will meet students at the ramp
- Class starts at **8:45 a.m.** sharp, please arrive a few minutes early
- Parent/guardian does **not** need to accompany the student to class

Transportation

- Is **not** provided by the Grossmont Union High School District. It is the responsibility of the student's parent/guardian to ensure they arrive for the class
- Call 619-233-3004 or visit www.sdmts.com for bus or trolley information

Questions

If you have any questions, please call this number (619) 956-4661