

It Starts as gentle SIPS
a cooling comfort Pressed
to parched, dry lips from
crystal glass, the Amber drips
what once brought warmth
and joy now fuels a hidden
fire. Each clink of glass,
a siren call, a dance
with the abyss, hands
that once were steady
grasp at fleeting
bliss.

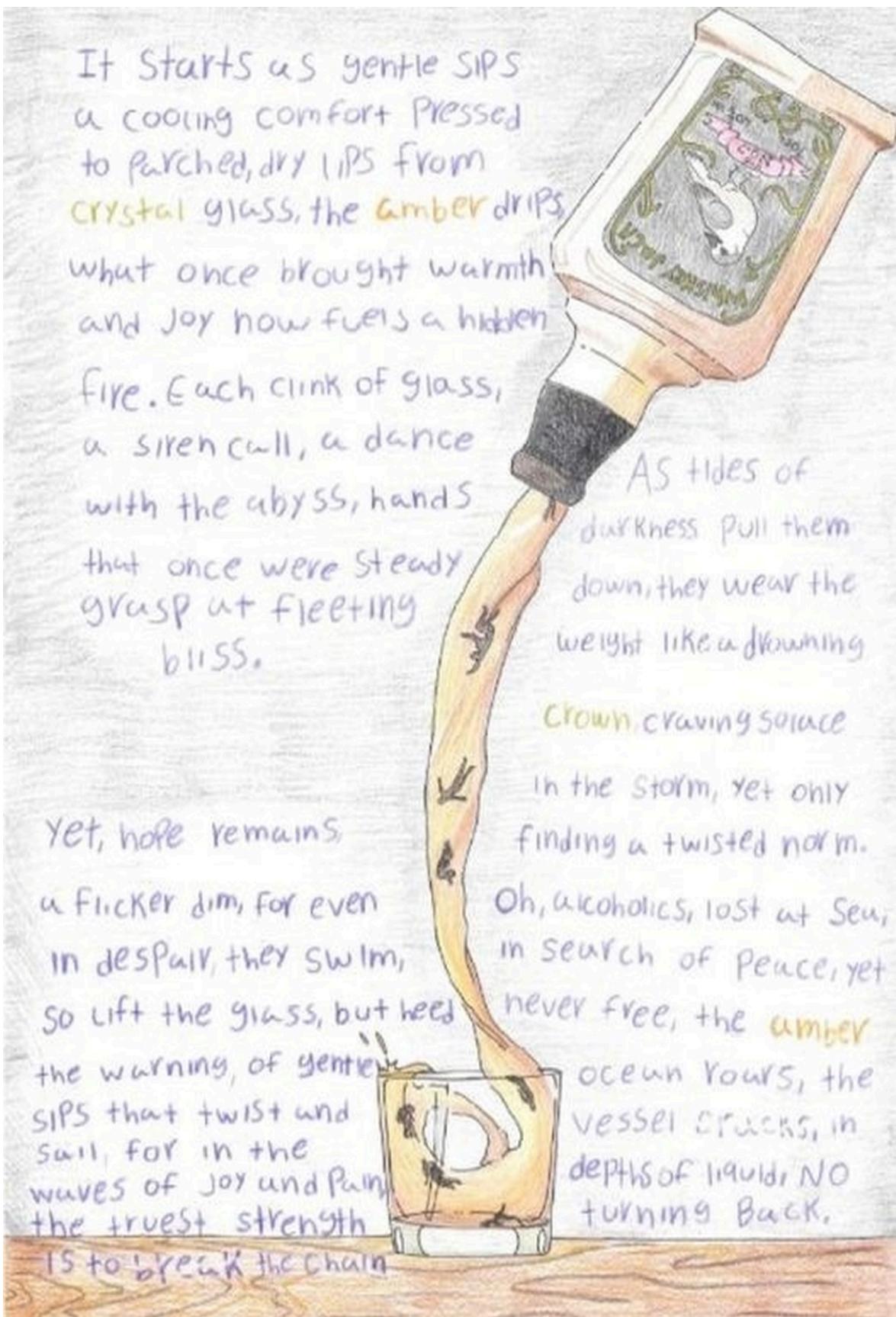
Yet, hope remains
a flicker dim, for even
in despair, they swim,
so lift the glass, but heed
the warning, of gentle
SIPS that twist and
swirl, for in the
waves of joy and pain,
the truest strength
is to break the chain

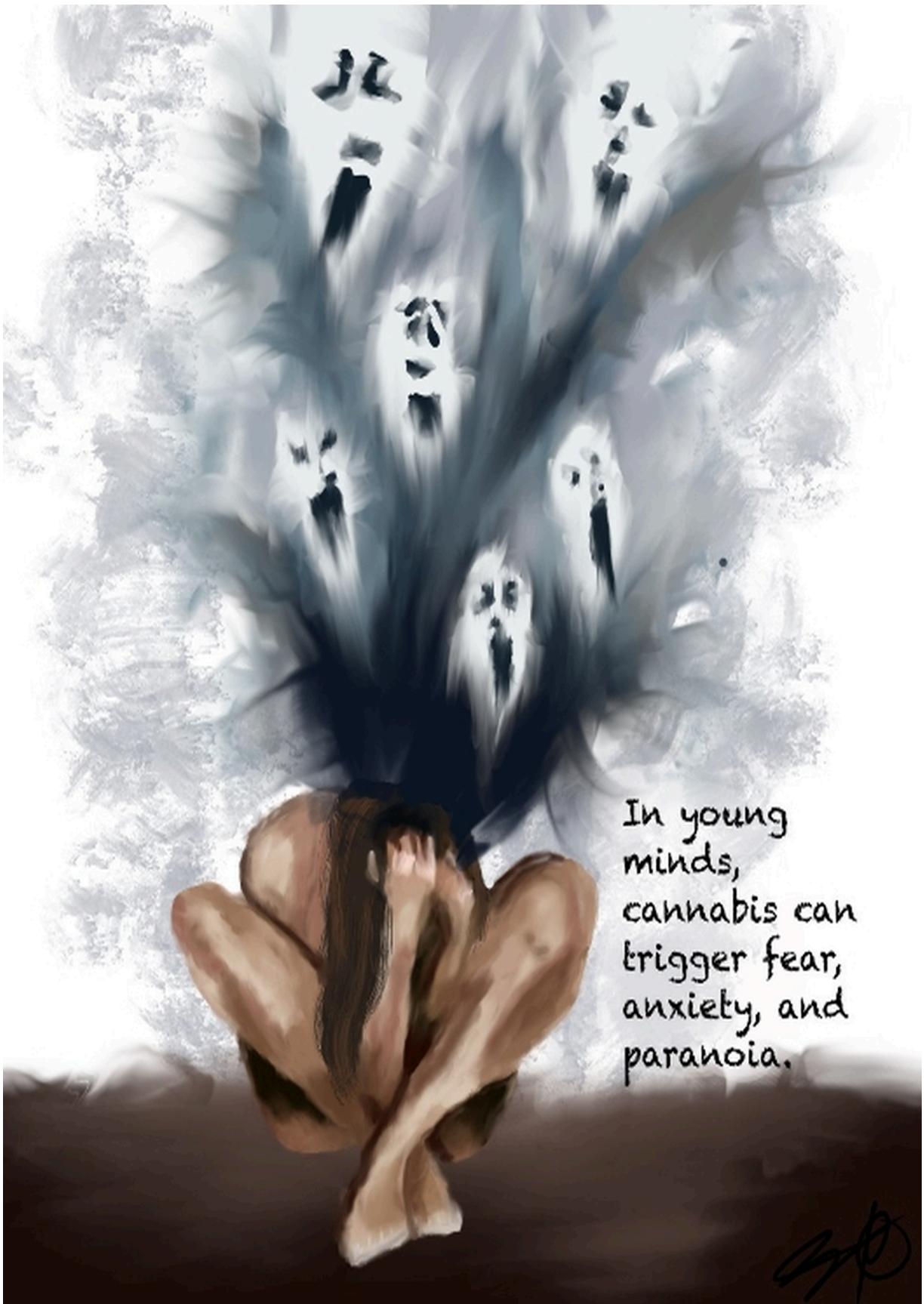
AS tides of
darkness pull them
down, they wear the
weight like a drowning

crown craving solace

In the storm, yet only
finding a twisted norm.

Oh, alcoholics, lost at sea,
in search of peace, yet
never free, the amber
ocean yours, the
vessel cracks, in
depths of liquid, NO
turning back.





In young
minds,
cannabis can
trigger fear,
anxiety, and
paranoia.

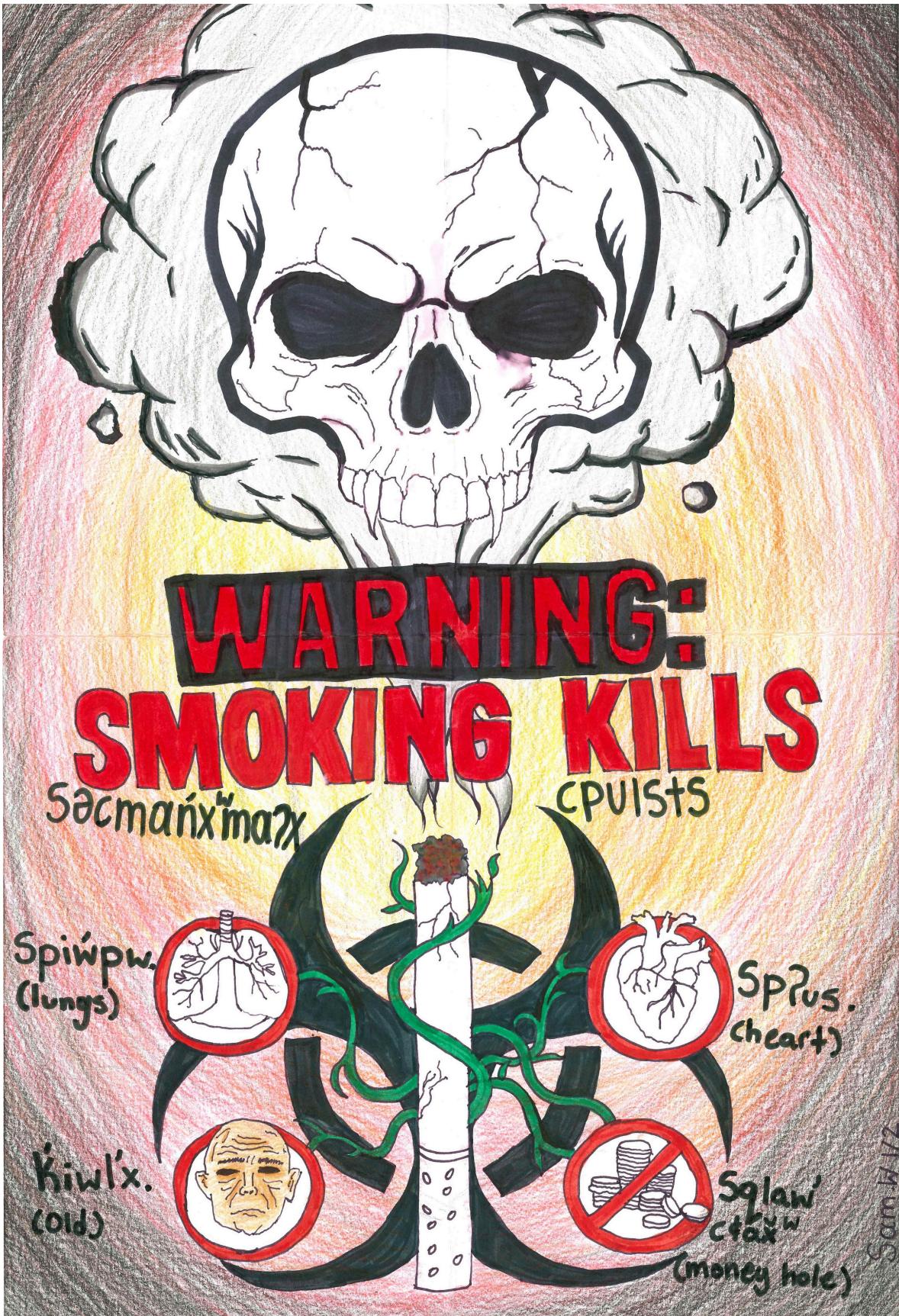
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Beyond the Buzz
Youth Voices on Substance Use
2025-2026 Winner



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information on
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Don't drink, don't sink - choose the future, stop and think.

Alcohol harms the body even in small amounts.
It damages the brain and liver and makes you tired.
Staying alcohol-free keeps you fit and focused.

Teenagers are especially at risk because their bodies are still developing. Alcohol can hurt school performance, sports, and friendships. That's why staying clear is the smarter choice.



High on Life



Not on Weed



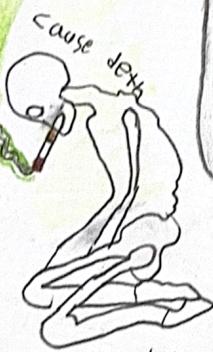
Is it really worth it... Think about it

craving is temporary damage is permanent

Drop the ash, keep your cash

smoking can lead to
memory loss
depression
death
cancer
diseases
and more

Why pay for a cancer stick?



8 million people die each year to smoking

Approximately 1.3 billion people smoke around the world

Quit the haze extend your days



If you smoke it's a joke
be smart don't start



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Interior Health



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