

Guiding Good Choices: *Families That Care*



Parenting Tweens and Teens is tough and important... but you don't have to go it alone!

Who: Ideal for parents, caregivers and anyone who knows a child ages 9-14. If you have children younger than 9 or older than 14, this workshop still offers many great opportunities.

What: Five interactive workshops that provide participants the chance to work together to identify opportunities to reduce family conflict, build family bonds, establish clear and consistent guidelines, and teach children skills to resist peer pressure.

Why: Young adults whose parents attended Guiding Good Choices are:

11% Less likely to have alcohol related problems

11% less likely to smoke cigarettes

16% Less likely to use illicit drugs

10% More likely to be free of all measured substance abuse problems

When: Call to find out when the next class is scheduled!

Cost: Course & Materials are free... AND we'll even provide a light dinner, snacks and refreshments.

Where: TBD

To register, please call the Department of Aging & Human Services, Division of Human Services at 301-475-4200, ext. 1681.

