

Guiding Good Choices

a **4-week** series for **parents of 9-14 year olds** who want to learn how to avoid the risk of substance abuse and other problem behaviors in adolescence.



Parents, have you had this conversation?

50% of 13 year olds say their parents have not talked to them seriously about the dangers of alcohol and other drugs. It's time to start talking now.

Ever wish someone could give you the chapter on what to do before they become teens?

This Best Practice program gives parents the knowledge, skills and support to guide them into early adolescence.

"This is probably the best parenting class I have attended. I would hope all parents would love their kids enough to attend this class."

What you'll learn:

Session 1 - Getting Started: How to Prevent Drug Use ~ local data & teen brain research

Session 2 - Setting Guidelines: How to Set Healthy Beliefs & Clear Standards

Session 3 - Managing Conflict: How to Control & Express Anger

Session 4 - Involving Everyone: How to Strengthen Family Bonds

Session 5 - Avoiding Trouble: How to Say No to Drugs ~ **Drug Dog appearance & Law Enforcement featured!**



Sessions 1-4 ~ Tuesdays: 3/2, 3/9, 3/16 & 3/23

Time: 6-8 pm

Location: Liberty High School - Rm 135

Session 5 ~ Saturday: 3/27

Time: 1-4 pm

Location: Issaquah Police Station – **Youth attend with parents** 😊

\$30 donation accepted towards cost of Family Guide

To Register: Call or Click – “Sign me up for the ISD-GGC class”
Phoebe 425-888-6683 x 204 or phoebe@friendsof youth.org

Class being offered by Friends of Youth and funded by King County's Alcohol & Other Drug Prevention Program, with funds from the State of Washington-Division of Behavioral Health & Recovery, King County Community Organizing Program, & the Issaquah Community Network.

