

# Do you know how to help your adolescent make good choices?

**Guiding Good Choices** is a **free** 5-week program for parents & caregivers of youth, ages 9-14. Participants will learn how to advise against the pressures of drug use & other risky behaviors.

## Overview of the 5 Sessions:

### 1: Promoting Healthy Teen Behavior

- ▶ **Guiding Good Choices** program overview
- ▶ Learning risk factors of teen substance use
- ▶ Holding family meetings

### 2: Setting Guidelines for Behavior

- ▶ Clarifying personal views on substance use
- ▶ Developing clear expectations for behavior

### 3: Managing Family Conflict

- ▶ Dealing with anger in a positive way
- ▶ Discussing issues in family meetings

### 4: Coaching Youth to Resist Peer Pressure

- ▶ **Youth invited to attend this session**
- ▶ Teaching youth refusal skills

### 5: Strengthening Family Bonds

- ▶ Involving youth in chores and decisions
- ▶ Showing love & appreciation



## Virtual Program:

**March 3 - 31, 2026**

Every Tuesday | 6-8pm

Registration Required by February 13



[www.surveymonkey.com/r/69ZWVD8](https://www.surveymonkey.com/r/69ZWVD8)

## Additional Program Details:

[www.communitiesthatcare.net/programs/ggc/](https://www.communitiesthatcare.net/programs/ggc/)



[www.cumberlandcountypa.gov/722/Prevention-Services](https://www.cumberlandcountypa.gov/722/Prevention-Services)

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