

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

Additional Program Details:

www.communityesthatcare.net/programs/ggc/



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CHOICES®**