

# Guiding GOOD CHOICES

Parents of 4-7<sup>th</sup> graders ~ Learn proven strategies for avoiding teen substance abuse and skills for strengthening your family's connections.



## **Mondays**

2/27 – 3/05 – 3/12 – 3/19 – 3/26

6:00-8:00 pm

### **Session 5:**

Youth attend with parents  
Free Pizza!

**Cascade View Elementary**

FREE class ~ \$30 donation will be  
accepted to offset cost of workbooks

"This class should be required for *all* parents."  
"Great discussions, networking and practical strategies."  
"I feel better now that our family policies are in order."  
"Gave me new information, perspectives and ideas."

## **This 5-week series will cover:**

Week 1 - How to Prevent Drug Use

Week 2 - Setting Healthy & Clear Standards

Week 3 - Managing Conflict & Strong Emotions

Week 4 - Strengthening Family Bonds

Week 5 - How to Say NO to Trouble

To register: <http://www.friendsofyouth.org/parentingRegistration.aspx>

For more information: Phoebe 425-888-6683 x 204 or [phoebe@friendsofyouth.org](mailto:phoebe@friendsofyouth.org)

Class being offered by Friends of Youth and funded by King County's Alcohol & Other Drug Prevention Program - Division of Behavioral Health & Recovery  
The Snoqualmie Valley School District neither sponsors nor endorses this event and the District assumes no responsibility for it.  
This event is endorsed by the SVSD PTSA Council and is receiving funds from SVSD PTSA.