

Strengthen your relationships this spring!

Register today for

GUIDING GOOD CHOICES

A no-cost workshop for parents of kids aged 9-14

Guiding Good Choices is a national, research-based program for parents of kids in grades 4-8. Over the course of five weeks, you will learn to:



**GUIDING
GOOD CHOICES**

- strengthen family bonds
- improve communication
- handle conflict in a healthy way
- help your kids avoid risky behaviors



MONDAYS

6PM-8:30 at the PG Rec Center

We've got the whole family covered!

6:00 Family Dinner

6:30-8:30 Workshop (Parents)

Free childcare (Ages 0-7)

Supervised activities (Ages 8+)

SEP. 19 SESSION 1:
INVOLVING EVERYONE

SEP. 26 SESSION 2:
SETTING GUIDELINES

OCT. 3 SESSION 3:
MANAGING CONFLICT

OCT. 10 SESSION 4:
AVOIDING TROUBLE

OCT. 24 SESSION 5:
STRENGTHENING BONDS

Must be able to attend all 5 sessions



Space is limited SIGN UP NOW

To register, visit
bit.ly/3TeWKR5

or scan this QR code with your camera:



Families who attend all five sessions will receive a

\$50 GIFT CARD
TO **amazon**

THIS NO-COST
WORKSHOP IS
SPONSORED BY:



Questions?
Contact Tamara:
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