

GUIDING GOOD CHOICES

Workshop for parents and guardians of youth
ages 9-14

Gain tools to help youth build positive relationships & healthy, drug-free lives



COST: FREE, 5-week workshop,
includes dinner
DATES: Wed.s evenings
Feb. 6, 13, 20, 27 & March 6
TIME: 5:30-8 pm (dinner starts at 5:30,
workshops at 6)
LOCATION: Community United
Methodist Church
130 Church Ln, Port Hadlock
FACILITATORS: Pinky Feria Mingo &
Denise Banker

- What You Will Learn:**
- Alcohol & drug consumption & prevention facts
 - Setting guidelines: how to develop healthy communication and clear standards
 - Avoiding trouble: how to help youth say "no" to negative influences
 - Managing conflict: how to control and express anger constructively
 - Involving everyone: How to strengthen family bonds

To register contact: Denise Banker
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