

Guiding Good Choices Seminar



This Event Sponsored by:



Tenino School District
www.teninoschools.org



Family Education & Support Services
www.FamilyESS.org



Thurston Together!
www.thurstontogether.org

Where: Tenino Elementary School 301 Old Highway 99 N. Tenino, WA 98589

Classroom Locations: Adult's Group: Library; Children's Group: Gym

**When: Thursday Evenings in: November: 6th, 13th, 20th; December 4th & 11th
(No Class on Thanksgiving, November 27th)**

Time: 6:30 – 8:00 p.m.

Cost: Free – Including Child Care!

Guiding Good Choices (GGC) is an evidence-based educational program that provides users with the knowledge and skills needed to guide children through early adolescence. It seeks to strengthen and clarify family expectations for behavior, enhance the conditions that promote bonding within the family, and teach skills that allow children to resist drug use successfully. GGC is based on research that shows that consistent, positive parental involvement is important to helping children resist substance use and other antisocial behaviors. Sessions are interactive and skill based, with activity handouts, discussion topics, skill-building exercises, and information on positive parenting.

**For more information, directions and registration,
(Childcare available by reservation only: Ages 3 – 12 years old)**

Free Child Care!

Contact: FESS at 360-754-7629 or by e-mail at marc@FamilyESS.org ;

Or go to www.FamilyESS.org to sign up online.



Tenino CSC & Food Bank will be on hand to provide information and assistance.

Topics for this 5-week course:

- November 6 - Preventing Substance Abuse in the Family;
- November 13 - Setting Clear Family Expectations Regarding Drugs and Alcohol;
- November 20 - Avoiding Trouble;
- December 4 - Managing Family Conflicts;
- December 11 - Strengthening Family Bonds