



Lewis County Public Health & Social Services

News Release

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‘Build Your Parent Toolbox’ classes offered

Chehalis, WA – The first in a series of free “Build Your Parent Toolbox” classes for parents and guardians of children ages 9 to 14 will be held in Morton on Tuesday, May 21 and Centralia on Thursday, May 23, both at 5:30pm. Dinner and childcare is provided free of charge.

Facilitated by the Centralia College Family Education department using the “Guiding Good Choices” curriculum, this 1.5-hour class is the first in a series of five that will teach how to keep your child safe in an ever-changing world. Activities will help parents and guardians spot risky behaviors before they get serious, strengthen basic parenting skills, learn to navigate family conflicts, and practice using the family meeting to improve relationships and involve youth in family decisions. The third week will have a special class for youth to learn how to resist peer pressure in effective ways.

The May 21 Morton class will begin at 5:30 pm at Centralia College East, 701 Airport Way, Morton WA 98356. Class sponsor Morton UP! is the official youth substance abuse coalition in Morton since 2013, with years of successful programming aimed at reducing underage use and abuse, as well as promoting mental health and reducing risk factors in East Lewis County.

The May 23 Centralia class will begin at 5:30 pm at the Oakview Grange, 2715 N. Pearl St. The classes are sponsored by the Centralia Community Prevention and Wellness Initiative Prevention Coalition (CPWI). Members of this new CPWI Coalition in Centralia represent healthcare, law enforcement, schools, and parents. The Coalition seeks to reduce underage usage rates, especially among middle and elementary school age youth, through community organization and collaboration.

Pre-registration is required for either class. Call 360-623-8948 or email nancy.keaton@centralia.edu to register. For more information, call Isaac Wulff at 360-740-1434 or email to Isaac.wulff@lewiscountywa.gov. Look for event updates on Twitter: @LCPHSS

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