

**Announcing a new program for parents/caregivers and their
5th and/or 6th grade children**

GUIDING GOOD CHOICES

Attend this FREE program to help your youth navigate the pressures and expectations of life during their teen years to succeed and achieve a brighter future.

**Five sessions will be held on Thursdays
March 2– March 30, 2023 from 5:30 – 8:00 p.m.**

Parents and caregivers can enhance their parenting skills by learning how to:

- Promote health and well-being during the teen years.
- Develop health beliefs and clear standards for behavior.
- Deal with anger in a positive way and manage family conflict to strengthen bonds with youth.
- Protect their children from substance abuse and other problematic behaviors.
- Strengthen family bonds and increase youth's involvement in the family through the teen years.

Youth attend session 4 with parents/caregivers and will learn peer pressure resistance skills.

The program includes a **FREE** dinner for the entire family and childcare for younger family members.

**Attendance prizes
will be given.**

Don't miss this exciting opportunity to make your strong family stronger and help your child transition into their teen years!

For more information or to register contact by February 23:

Mrs. Bradley
Middle School Principal
E-mail: JBradley@westernwayne.org
(800) 321-9973 option 2

The Pennsylvania State University encourages qualified persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact Karen Thomas at 570-878-2385 in advance of your participation or visit.

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