



# Guiding Good Choices

for 4th-6th grade parents and caregivers. Attend this FREE VIRTUAL five-session program to help your youth navigate the pressures and expectations of life during their teen years to succeed and achieve a brighter future.

**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 their parents and caregivers.**

**Program will be held on five Mondays:**

**June 19, 26, July 10, 17, and 24 from 6 to 8 PM via Zoom.**

**For more information or to register, e-mail or call Karen Thomas at [kat1@psu.edu](mailto:kat1@psu.edu) or 570-878-2385.**

