community education

parenting

Enroll Now!



GUIDING GOOD CHOICES

Guiding Good Choices is a **free** evidenced based drug use prevention program that provides parents of children 9 to 14 years old with the knowledge and skills needed to guide their children through early adolescence.

SESSION OUTLINE

- **Session 1:** How to Promote Health and Well-being During the Teen Years
- **Session 2:** Developing Healthy Beliefs and Clear Standards
- **Session 3:** Avoiding Conflict
- **Session 4:** Avoiding Trouble (youth are invited to attend)
- **Session 5:** How to Strengthen Family Bonds

**attend when you can*

INFORMATION

WHEN:

Mondays, 10:00AM-12:00PM

March 24

March 31

April 7

April 14

April 21

Click here to register

Location: Virtual

GUIDING GOOD CHOICES CAN:

- strengthen family bonds
- improve parent-child communication
- help families better manage conflict
- help guide preteen and teen behavior and decision making
- reduce later drug use

For more information contact Cara Weiner Sultan caw10@cornell.edu

Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

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