

— GUIDING GOOD CHOICES —

strengthens family communication



GUIDING GOOD CHOICES IS A PARENT AND CAREGIVER COMPETENCY TRAINING PROGRAM designed to develop effective parenting skills, reduce family conflict, and improve peer resistance techniques. Parents and caregivers attend five sessions and their children attend at least one session addressing peer pressure. Family participants have reported enhanced family communication and positive parenting skills.

For more information contact **prevention**
WORKS

email: programming@prevention-works.org
309 N Burdick Kalamazoo, MI 49007 • prevention-works.org

GIVING PEOPLE TOOLS TO MAKE HEALTHY DECISIONS

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GUIDING GOOD CHOICES DETAILS

The following can be adapted to fit different groups and ages.

FOR FAMILIES

- Parents and Caregivers
- 5 Session Program
- Designed for evening and weekend hours

LESSON TOPICS

- Enhanced Parenting Practices
- Encouraging Good Behavior
- Communication
- Resisting Peer Pressure (youth accompany parents for one session)
- Effective Family Conflict Management
- Family Meeting Facilitation
- Substance Use

SPECIAL FEATURES

- Guiding Good Choices builds family relationships through lessons that accommodate for both parents and youth. Family meetings are emphasized throughout the program to allow families to expand their healthy communication.
- Guiding Good Choices is recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence-Based Programs and Practices.

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