



BEGINNING WEDNESDAY, JANUARY 13TH, 2016 GUIDING GOOD CHOICES

Parenting teens and tweens is tough and important; you don't have to go it alone!

The Guiding Good Choices curriculum consists of four interactive workshops designed to teach participants how to establish clear family guidelines, give children the tools and opportunities they need to make good decisions, improve children's involvement in the family, and enhance overall family connectedness.

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ON CAPE COD

WHO

**For anyone who plays
a part in raising a
child aged 9-14 years**

WHEN

**6:00 – 8:00 p.m.
Every Wednesday for
four weeks: 01/13,
01/20, 01/27, & 02/03**

WHERE

**Mattacheese Middle
School
400 Higgins Crowell Rd.
W. Yarmouth, MA 02673**

WHY

**Young adults whose
parents attend are:**

- **11% less likely to have
alcohol-related
problems**
- **11% less likely to
smoke cigarettes**
- **16% less likely to use
illicit drugs.**

**FREE to attend!
Dinner provided!**

REGISTER BY 01/08.

**Contact Nancy Ames,
School-Based
Counselor Liaison, at
508-540-6550 x6003 or
names@gosnold.org.**