

# GUIDING GOOD CHOICES

Topics Covered Include:

Getting Started: How to Prevent Drug Use in Your Family

Setting Guidelines: How to Develop Healthy Beliefs and Clear Standards

Avoiding Trouble: How to Say No to Drugs

Managing Conflict: How to Control and Express Your Anger Constructively

Involving Everyone: How to Strengthen Family Bonds

Pre-registration is required by September 3rd!

To register contact:  
Anissa Norris  
FRC Manager  
anissanorris@eudoraschools.org  
(785) 542-4940 ext. 1912

**This is a  
FREE program!**

## What is Guiding Good Choices?

Guiding Good Choices is a five-session program for parents with children ages 9-12.

In these interactive workshops, you will learn practical skills to help you strengthen your relationship with your child and help him or her avoid drug use and other problems.

**DATE:** September 11th, 18th, 25th  
October 2nd, 9th

**TIME:** 8:30 a.m. – 10:00 a.m.

**PLACE:** Eudora Elementary School

