

Guiding Good Choices®

For Parents/Caregivers of 4th - 8th graders

Join us for a **FREE** fun parent education series!

Guiding Good Choices is for parents like you who want to strengthen existing parenting skills or learn new ways to deal with children's problem behaviors. This program will provide solutions to the challenging situations you face or may face in the future.

In this five-week course, you can learn how to:

- Set Clear Guidelines
- Manage Conflict
- Strengthen Family Bonds
- Help your Kids Resist Peer Pressure
- Prevent Drug Use in your Family

Play an active role in your children's lives...help them choose a healthy future!

This **FREE** course will take place at the Sugar River Valley Regional Technical Center, 243 North Main Street, Newport
Free Childcare will be provided and a Light dinner will be served

Thursdays, January 13, 2011 through February 10, 2011
5:30 for dinner

6:00-8:00 p.m. program

(The January 27th class will include your children)

*NOTE: N.O.S.T. parents that complete this class will receive a **FREE** week of programming!!

Prevention starts with strong, healthy families!

Registration Deadline: January 7, 2011

Name(s): _____

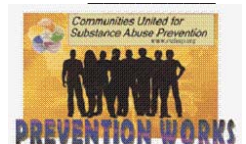
Mailing Address: _____

Email Address: _____ Phone number: _____

Names of Children: _____ Will you require Childcare to attend? _____

Ages of Children requiring childcare: _____

Sponsored by: Communities United for Substance Abuse Prevention



Please return registration form to UNH Cooperative Extension, Gail Kennedy, 24 Main Street, Newport, NH 03773, or call 603-863-9200 to sign up or email: gail.kennedy@unh.edu