

Guiding Good Choices®

A **FREE** Program for **Parents** of Youth Ages 9-14

Living in White Center/North Burien in **SPANISH**



**Date: Week of October
25 Held via ZOOM**

To Register:

tinyurl.com/GGCCDFY

**Call/Text (425) 917-
7763**

The Coalition for Drug-Free Youth & Southwest Youth & Family Services present this five-week program for parents. Learn to:

- Help your child to stop, think & control impulses
- Communicate peer pressure refusal skills
- Understand adolescent brain development & how it affects behaviors
- Develop healthy beliefs & clear standards with your family
- Strengthen family bonds
- Reduce family conflict through anger management

Free Program

There is no cost for you to register. Program costs are paid for through support by:

**King County Department of Community and Human Services,
Behavioral Health and Recovery Division (BHRD), and**



