

GUIDING GOOD CHOICES



5 Week Family Relationship Building Program

SESSIONS
ARE HELD
VIRTUALLY
ON ZOOM

DINNER
DELIVERED
EVERY WEEK

LIFE-LONG
SKILLS +
CONNECTION

What Is Guiding Good Choices?

GGC is an evidence based 5-session program for parents with children ages 9-14. The program is a multimedia family-competency training program specifically designed to strengthen parents' family management skills, parent-child bonding, and children's peer-resistance skills. Most sessions are parent-focused, though children attend one session, focused on peer pressure.

In just 5 weeks, you will:

- Increase of proactive family communication
- Reduction of negative family interaction
- Improvement of observable relationship quality between parent and child
- Reduced rates of early substance use
- Decrease alcohol-related problems, cigarette use, and other drug use.

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