



CHERRY CREEK SCHOOLS
**PARENT
ACADEMY**

Help Guide Your Child through their Tweens!

A Program for Parents of 4th-8th Graders!

As children evolve from parent-pleasing little ones, to adolescents yearning for independence, testing boundaries and seeking peer acceptance, this **proven effective** four-week class offers tips for parents on navigating those challenging years.

LEARN TO:

- » Teach your child to stop, think and control impulses
- » Communicate peer pressure refusal skills
- » Understand adolescent brain development and how it affects behaviors
- » Develop healthy beliefs and clear standards within your family
- » Strengthen family bonds
- » Manage family conflict

INVEST THE TIME!

- » Four classes can make a lifetime of difference!
- » Research shows that Guiding Good Choices has been demonstrated to:
 - › Reduce alcohol use by 40 percent
 - › Increase the probability of remaining drug free
 - › Significantly reduce the rate at which adolescents develop depression

Cost: \$30.00 per family - includes a \$10 workbook fee (Scholarships available for families who receive Free & Reduced Lunch - Call 720-554-4247 for more information.)

Additional costs of the program are sponsored by the CCSD Wellness Office.

Pick a location that works best for you!

Each class meets from 6:00 to 8:30 pm

Horizon Middle School

November on Tuesdays
(11/7, 11/14, 11/21, 11/28)

Fox Ridge Middle School

January/February on Mondays
(1/22, 1/29, 2/5, 2/12)

High Plains Elementary

April/May on Tuesdays
(4/10, 4/17, 4/24, 5/1)

*Childcare available on a limited basis
Light snacks provided*

Cherry Creek School District psychologists, social workers and counseling staff present the Guiding Good Choices program throughout the district year-round. Guiding Good Choices is nationally recognized as a Model Program by the Substance Abuse and Mental Health Services Administration.

SPACE IS LIMITED!
Register Now at
cherrycreek.revtrak.net

QUESTIONS?

EMAIL: lkoenig2@cherrycreekschools.org

PHONE: 720-554-4247



Dedicated to Excellence
Cherry Creek Schools