



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 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 and the Colorado Department of Education's Division of Safe and Drug Free Schools.

Pick a location that works best for you!

Each class meets from 6:00 to 8:30 pm for four consecutive weeks starting on the date listed below:

October 3rd Mondays
Eastridge Elementary School

November 2nd Wednesdays
(skipping Thanksgiving week)
Meadow Point Elementary School

January 4th Wednesdays
Horizon Middle School

February 2nd Thursdays
Liberty Middle School

February 28th Tuesdays
Campus Middle School

***April 3rd Tuesdays**
Prairie Middle School

April 5th Thursdays
West Middle School

Childcare available on a limited basis

Light snacks provided

**Please note, this class will be presented in Spanish*

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!

EMAIL: smilian@cherrycreekschools.org

PHONE: 720-554-4247



Dedicated to Excellence
Cherry Creek Schools

To view a map of the seven convenient locations please see other side.