



2019-2020 School Year

Pick a location that works best for you!

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

Horizon Middle School
October/November on
Tuesdays 10/22, 10/29,
11/5, 11/12

Fox Ridge Middle School
January/February on
Wednesdays 1/29, 2/5,
2/12, 2/19

Cottonwood Elementary School
April on Tuesdays 4/7,
4/14, 4/21, 4/28

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.

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.

SPACE IS LIMITED!

Register Now at
cherrycreek.revtrak.net

QUESTIONS?

EMAIL: msheehan4@cherrycreekschools.org
PHONE: 720-554-4247



Dedicated to Excellence
Cherry Creek Schools