

Guiding Good Choices



This **FREE** Parenting Series is brought to you by”



Mason Co Health Dept
www.mason.co.wa.us



FamilyESS.org

Washington State
Health Care Authority

Every good parent could use help now and then- join us to learn about **Guiding Good Choices**.

Where: Virtual Training for Mason/ North Mason Residents

Time: **Nov 9, 2020 6:00pm every Monday, until Dec 14, 2020, 6 occurrence(s)**

Time: **6:00 pm – 8:00 p.m.**

Win a Door Prize- Gain skills to help your family!

Cost is Free – limited spots available.

Please register by calling 360-754-7629

Guiding Good Choices (GGC) is a 6-week evidence based training for parents and caregivers to help adults guide children through success at home, school and in life. This parenting class seeks to strengthen and clarify family expectations for behavior, enhance the conditions that promote bonding within the family, and teach skills that allow children to resist drug use successfully. The class combines discussion, lectures, group activities and the positive social support of peers to address common parenting concerns. Parents will receive a certificate of completion for this class.

For more information, directions and registration call 360-754-7629;

Topics for this 6 week course: 6:00pm- 7:30pm

- November 9 – Orientation/ Prevention
- November 16 - Setting Clear Family Expectations
- November 23 Avoiding Trouble
- November 30 – Managing Family Conflicts
- December 7 - Strengthening Family Bonds
- December 14 - Planning for a healthy future- Community Resources & Supports

Call 360-754-7629 to learn more, to register or to just gain access to family resources and support.