



Guiding Good Choices® Workshops **Building Strong Family Ties**

The Roanoke County Prevention Council is offering workshops for parents of children in grades 3 through 8.

The sessions include:

- healthy beliefs and clear standards in the family
- strengthening parenting skills
- strengthening family communication skills
- dealing with peer pressure
- challenges of adolescence
- building protective factors

A special feature of the *Guiding Good Choices®* program is peer refusal skills. Refusal skills focus on ways to avoid high-risk activities under peer pressure and still maintain important friendships. Workshops are available for:

Parents

Faith Based Groups

Civic Organizations

Schools

Community Coalitions

Health/Human Service Organizations

Cost to parents attending workshops is \$40.00 paid by the first session by cash or certified check payable to Family Service of Roanoke Valley. A \$10.00 deposit is required one week prior to the first class to secure your spot.

Class schedule for 2009/2010

Location: Brambleton Center Time: 6:30pm-8:30pm

October 2009: October 6th, 13th, 20th, 27th

January 2010: January 5th, 12th, 19th, 26th

April 2010: April 6th, 13th, 20th, 27th

June 2010: June 8th, 15th, 22nd, 29th

To register for classes contact:

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