



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

West Middle School

October/November on Thursdays
10/25, 11/1, 11/8, 11/15

Horizon Middle School

November/December on Tuesdays
11/20, 11/27, 12/11, 12/18
Please note that there is no class on 12/4

Fox Ridge Middle School

January on Thursdays
1/10, 1/17, 1/24, 1/31

High Plains Elementary School

April on Tuesdays
4/9, 4/16, 4/23, 4/30

*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?

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PHONE: 720-554-4247



Dedicated to Excellence
Cherry Creek Schools