



GUIDING GOOD CHOICES

4th and 5th grade parents - Attend this FREE program to help your youth navigate the pressures and expectations of life during their teen years to succeed and achieve a brighter future.



**Five sessions will be held on Thursdays,
October 12– November 9, 2023, from 5:30 – 8:00 p.m.**



Parents and caregivers can enhance their parenting skills by learning how to:

- Promote health and well-being during the teen years.
- Develop healthy beliefs and clear standards for behavior.
- Deal with anger in a positive way and manage family conflict to strengthen bonds with youth.
- Protect their children from substance abuse and other problematic behaviors.
- Strengthen family bonds and increase youth’s involvement in the family through the teen years.

Youth attend session 4 with parents and caregivers and will learn skills they can use to avoid peer pressure.

Attendance prizes will be given.

The program is open to all parents and caregivers and their 4th and 5th grade children in the Wallenpaupack community. It includes a FREE dinner for the entire family and childcare for younger family members.

For more information or to register, contact by October 5:
Ms. Cykosky, North Intermediate School Principal
E-mail: cykoskam@wallenpaupack.org
(570) 226-4557 ext. 3068
Or Return Registration Form Below to Ms. Cykosky

Adult(s) Name _____

Student Name _____ Grade _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ E-mail _____ # Eating dinner _____

children needing childcare _____ Ages of children in childcare _____

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