

Free! Guiding Good Choices

Parenting Workshops

Your choice of dates & locations:

Series 1: **January 8, 15, 22, 29 & Feb. 5**
Thursday evenings, 6:30 – 8:30
Eckstein Middle School

Series 2: **February 4, 11, 18, 25 & March 4**
Wednesday evenings, 6:15 - 8:15 pm
Children's Hospital

Series 3: **Feb. 26, March 5, 12, 19 & 26**
Thursday evenings, 6:30 – 8:30
Eckstein Middle School

Series 4: **April 22, 29, May 6, 13 & 20**
Wednesday evenings 6:15 - 8:15
Children's Hospital

Directions, parking, and other details will be sent after registration is received.

Parents **must attend all five workshops in a series** and children are invited to attend the third workshop. Registration is limited to twelve individuals per series of workshops. Please register only if you can attend all five workshops in a series.

Tell me more!

Guiding Good Choices is a research-based substance abuse prevention program that teaches parents/guardians of preteens and younger adolescents the skills they need to improve family communications and family bonding.

How long are these workshops?

Guiding Good Choices consists of five, 2-hour workshops. Children are invited to attend the third workshop.

Do I have to attend all five workshops in a series?

Yes. The research behind **Guiding Good Choices** indicates that attendance at all five workshops is important for helping parents prevent drug/alcohol use among their children.

Need help getting to workshops or an interpreter?

Assistance with Metro bus fare and interpretation services are available upon request. Contact Inga Manskopf at 396-0919 for more information.

Registration

Please see other side of this flyer for information on how to register for **Guiding Good Choices**.

Sponsored by the
NE Seattle Coalition to Prevent Underage Drinking
in partnership with
Children's Hospital,
University Family YMCA,
& Seattle Public Schools.



YMCA
OF GREATER SEATTLE

We build strong kids,
strong families,
strong communities.



For more information:

Inga Manskopf, 396-0919 *or*
inmanskopf@seattleschools.org *or*
www.PreventionWorksInSeattle.org

Sign up for Guiding Good Choices workshops!

Priority is given to families living in zip codes 98105, 98115, and 98125 and/or who have children attending Eckstein Middle School.



Complete the form below and send to:
Inga Manskopf, Eckstein Middle School
3003 NE 75th Street
Seattle, WA 98115

OR

email information to: inmanskopf@seattleschools.org

Please register *no later than two weeks before* the start of the series you would like to attend.

Name(s):

Home address & zip code:

Email address & phone number:

Name of child & school she/he attends:

Series you would like to attend:

- Series 1 at Eckstein Middle School (January 8, 15, 22, 29 & Feb. 5)
- Series 2 at Children's Hospital (February 4, 11, 18, 25 & March 4)
- Series 3 at Eckstein Middle School (February 26, March 5, 12, 19 & 26)
- Series 4 at Children's Hospital (April 22, 29, May 6, 13 & 20)

If you need to cancel, let us know!

Workshops are cancelled when registered parents don't show up!

If you need to cancel, please notify Inga Manskopf at **396-0919** or inmanskopf@seattleschools.org at least one week before the start of the series for which you are registered. We would like to give your space to someone on the waiting list!

The NE Seattle Coalition to Prevent Underage Drinking is funded by a SPF-SIG grant from the Washington State Division of Alcohol and Substance Abuse.
www.PreventionWorksInSeattle.org