



NEW in ACTON!



“GUIDING GOOD CHOICES:” Parenting Young Teens!

This course gives parents of 6 – 8th graders the skills they need to ensure the future well-being of their teen by learning to communicate effectively.

This four session course will:

- Provide specific steps to develop strategic conversational guidelines with your teen.
- Assist parents in developing family guidelines and expectations for behavior.
- Teach conflict management and strengthen family bonds.
- Help parents increase teen involvement in the family.
- Facilitate creating a parent support network.
- Provide parents with current 2008 Acton Youth Risk Behavior Survey (YRBS) data.

Four Sessions on Monday Mornings:

**Dates: March 15, March 29, April 5, April 12
(snow date April 26)**

Time: 9:30 – 11:00 AM

Location: St. Matthews Episcopal Church, Central Street

Registration fee: \$40.00 includes workbook fee.

Registration: tgrosowsky@verizon.net or mail check to:

CAFY PO Box 2063 Acton, MA 01720

This course will be taught by Ms. Kathy Bowen, Certified Life Empowerment Coach. Kathy taught this course in Westford in the spring to great reviews!



Sponsored by Community Alliance for Youth (CAFY) www.cafy.net