



GUIDING GOOD CHOICES

Hosted & facilitated by Cumberland-Perry Drug & Alcohol Commission



FREE Virtual 5 Week Program for Parents/Caregivers Who have Children Ages 9-14

Prepare for the adolescent years by learning how to support your youth in successfully resisting drugs and other risky behavior.

For parents/caregivers only but youth invited to 4th session.



JOIN US!

Every Tuesday
6:00-8:00 PM
March 3rd - 31st 2026
via Zoom

TOPICS INCLUDE:

- Building strong family bonds
- Setting guidelines for behavior
- Managing conflict & expressing anger constructively
- Teaching youth refusal skills

Registration Required: ▼

<https://www.surveymonkey.com/r/69ZWVD8>



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**MORE
INFO**



Session Info

Session 1

- Overview of Guiding Good Choices (GGC)
- Understanding risk factors behind teen substance use
- Hosting family meetings to plan family fun and strengthen family bonding

Session 2

- How to clarify your own views about substance use in your family
- A process for developing clear guidelines & expectations for behavior

Session 3

- Why it's important to manage family conflict
- The steps for expressing anger

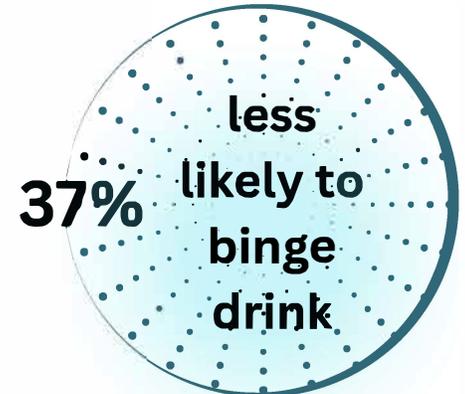
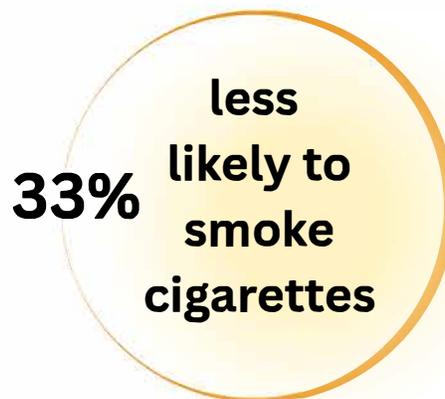
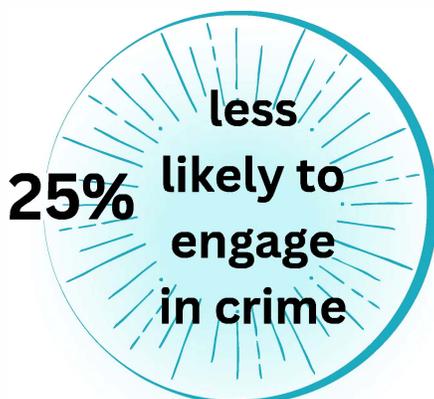
Session 4

- Understand reasons for using Refusal Skills
- Learn the steps and how to use Refusal Skills under pressure from a person & group

Session 5

- How your preteen's participation in decision making, chores, etc. strengthens family bonds.
- Showing love & appreciation

Proven Outcomes!



More Details about Guiding Good Choices:

<https://www.communitiesthatcare.net/programs/ggc/>



Other Commission Prevention Programs:

<https://www.cumberlandcountypa.gov/722/Prevention-Services>

