

Guiding

GOOD

Parents of 5-8<sup>th</sup> graders ~ Do you feel prepared for what lies ahead?  
Help prevent teen substance abuse and strengthen your family's connections.



**Tuesdays**

10/16 –10/123 –10/30 –11/06 –11/13  
**6:00-8:00 pm**

**Session 5**

Youth attend with parents  
*Free Pizza!*

**Beaver Lake Middle School**

*Suggested \$30 dollar donation for  
class workbook*

**"This class should be required for *all* parents."**

**"Great discussions, networking and practical strategies."**

**"I feel better now that our family policies are in order."**

**"Gave me new information, perspectives and ideas."**

**This 5- week series will cover:**

Week 1 - Prevention that Works & the Teen Brain

Week 2 - Setting Family Policies

Week 3 - Managing Conflict & Strong Emotions

Week 4 - Moving Towards Independence

Week 5 - Skills for Saying NO

For questions or to register, contact Sara Hildebrand at  
[sara@friendsofyouth.org](mailto:sara@friendsofyouth.org) or 425-392-6367

The Snoqualmie Valley School District neither sponsors nor endorses this event and the District assumes no responsibility for it.  
This event is being offered by Friends of Youth and is endorsed by the SVSD PTSA Council and is receiving funds from SVSD PTSA.

