

**Guiding Good Choices**  
**Five Sessions Held at**  
**United Way of Bucks County**

413 Hood Blvd.

Fairless Hills, PA 19030

Thursdays– 5:30 - 7 pm

**Dinner Included**

May 16th

May 23rd

May 30th

June 6th

June 13th

**Please register by May 9th**

**or earlier to**

**guarantee a place**

**via email**

**kathyk@uwbucks.org—or**

**Phone 215-949-1660 x 104**



**About The Council**

As the Bucks County Affiliate of the National Council on Alcoholism and Drug Dependence since 1975, The Council of Southeast Pennsylvania, Inc. (The Council) offers a wide range of services to the community.

**About Pennsbury LYFT /United Way of Bucks County**

Pennsbury LYFT, community prevention coalition representing the communities of Lower Makefield - Yardley - Falls – Tullytown brings together community leaders and organizations, local businesses, schools, law enforcement, communities of faith, parents, youth and residents to minimize risk taking behavior and maximize access to prevention education opportunities and resources to assist youth and families.



LYFT is funded through the Department of Health and Human Services, with a Substance Abuse and Mental Health Services Administration grant for Drug Free Communities. Additional support for the LYFT program is provided through the Pennsbury School District and the United Way of Bucks County.



**This program is made possible by  
the Bucks County Drug and  
Alcohol Commission.**



Sponsored by  
The Council of  
Southeast Pennsylvania,  
And Pennsbury LYFT

**GUIDING  
GOOD  
CHOICES**

**A Family  
Strengthening  
Program**



# GUIDING GOOD CHOICES

We all know that children don't come with instruction manuals and that parenting can be one of the toughest and yet most rewarding jobs that anyone can undertake. At times families can use some help and support.

**Guiding Good Choices** is a family strengthening class currently offered by the Pennsbury LYFT, community prevention coalition and the Council of Southeast Pennsylvania, Inc. This unique program is designed to be utilized for the entire family. It is important to help both parents and youth feel more comfortable communicating with each other about feelings and facts. With a dual focus on building communication skills and imparting up-to-date alcohol and other drug information, this program will assist parents to raise more resilient youth and learn to clearly communicate their expectations and values.

## Features & Requirements:

- Available to Parents of 9 through 14 -year-olds
- NO-COST for participating families
- Pre-registration is required
- Families must commit to attending all sessions
- Meets for five sessions (Youth attend session 3 to 5)
- Groups held in the evenings
- FREE Family style meals
- Participating families must be willing to complete anonymous and confidential pre and post testing

## Study Results show:

- Significantly reduced rates of initiation for marijuana and drunkenness
- 11% less likely to have alcohol-related problems
- 11% less likely to smoke cigarettes
- 16% less likely to use illicit drugs
- 10% more likely to be free of all measured substance abuse problems

## Curriculum includes:

- **Prevention Strategies**
- **Setting Guidelines**
- **Avoiding Trouble**
- **Managing Conflict**
- **Involving Everyone**

## For Parents

Parents learn specific strategies for promoting healthy behaviors in children and reducing risks that predict adolescent health and behavior problems.

## GGC helps parents to:

- Strengthen Family Bonds
- Set clear family position on ATOD use
- Teach youth how to make healthy choices

Guiding Good Choices was developed by Dr. David Hawkins and Dr. Richard Catalano of the University of Washington. 2002 edition by Channing Bete Company, Inc.