

ARE YOU RAISING A CHILD AGE 9-14?

FAMILIES THAT CARE

guiding good choices®

A RESEARCH-BASED WORKSHOP SERIES PROVEN TO STRENGTHEN FAMILY BONDS, FOSTER BETTER COMMUNICATION SKILLS AND DECREASE THE CHANCES OF RISKY BEHAVIOR BY OUR CHILDREN.



Program Overview:

- **Week 1:** Introduction and Overview of risk and protective factors
- **Week 2:** Setting Guidelines: Developing healthy beliefs and clear standards
- **Week 3:** Avoiding Trouble: Teaching healthy refusal skills
- **Week 4:** Managing Conflict: How to control and express your anger
- **Week 5:** Involving Everyone: How to strengthen family bonds

- This program consists of 2.5-hour interactive workshops held once per week for five consecutive weeks.
- \$10 materials fee for Melrose residents (non-resident fee is \$125 per participant).
- Children attend Session Three only.
- **Babysitting available (upon request) for night sessions only.**

Spring 2012 Parent Workshop Series:

Evening Workshops – 6:30 pm to 9:00 pm

- **MONDAYS** (Held at Lincoln Elementary School)
March 5th, 12th, 19th (with children this session only), 26th, and April 2nd
- **TUESDAYS** (Held at Winthrop Elementary School)
March 6th, 13th, 20th (with children this session only), 27th, and April 3rd
- **THURSDAYS** (Held at Roosevelt Elementary School)
March 8th, 15th, 22nd (with children this session only), 29th, and April 5th

Morning Workshops – 9:00 am to 11:30 am

- **FRIDAYS** (Held at First United Methodist Church)
March 2nd, 9th, 16th (Evening 6:30pm-9:00 pm with children this session only), 23rd, 30th

For more information: Email: Melissa at mripley@cityofmelrose.org
or call: 781-979-4130

Deadline to sign up: Friday, February 17th, 2012

Sponsored by:



MELROSE
SUBSTANCE ABUSE
PREVENTION COALITION

www.cityofmelrose.org/dept_Health_SubstanceAbuse.cfm
Donations are appreciated and tax deductible.

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ARE YOU INTERESTED IN ATTENDING THIS WORKSHOP SERIES?

TO REGISTER:

Email Melissa at mripley@cityofmelrose.org

Please indicate the following information:

- Preferred workshop (Monday evening / Tuesday evening / Thursday evening / Friday morning)
- Parent/Guardian full name
- Email, phone number, and address
- Child(ren)'s name(s) and age(s)
- Please indicate if babysitting is needed

If you do not have email, call Melissa to register (781-979-4130).

NOTE: Since space is limited, registration is not guaranteed. A confirmation with full details will follow.

Special thanks to Melrose Public Schools, First United Methodist Church, and Eastern Bank for their support