

Guiding Good Choices Workshop Agenda

Facilitated by: Denise Mises, QT SAPIS & Miriam Baez, QT Parent Coordinator

- **Session 1 – Tuesday 3/5/19**
Getting Started: How to Prevent Drug Use in Your Family
Parents learn about the nature and extent of the drug problem among teenagers in general, and decide for themselves how they want to prevent problems in their own family. Parents also learn about risk and protective factors through an interactive activity.
- **Session 2 – Tuesday 3/12/19**
Setting Guidelines: How to Develop Healthy Beliefs and Clear Standards
Parents develop clear family guidelines and expectations for behavior. Through small group discussions, parents explore how they feel about situations related to substance abuse, such as what they would do if their child were hanging around with someone who smokes, or whether their child should be allowed to drink alcohol on special occasions.
- **Session 3 – Tuesday 3/19/19**
Avoiding Trouble: How to Say No to Drugs
Both children and parents are invited to this session. They learn and practice refusal skills that children can use to stay out of trouble and keep their friends while still having fun.
- **Session 4 – Tuesday 3/26/19**
Managing Conflict: How to Control and Express Your Anger Constructively
Parents learn to manage family conflict in a way that maintains and strengthens bonds with their children.
- **Session 5 – Tuesday 4/2/19**
Involving Everyone: How to Strengthen Family Bonds
Parents learn ways to strengthen family bonds and increase children's involvement with the family during the teen years. Parents also learn how to create a parent support network.