

**Sponsored by the Melrose Substance Abuse Prevention Coalition** – A Catalyst for **HOPE: Health, Outreach, Prevention, and Education.**

**Our Vision:** We envision a Melrose that is a safe, healthy, and resourceful community – one that embraces substance abuse prevention efforts and is united on the path to positive solutions.

**Our Mission:** The Coalition is dedicated to improving the quality of life for all in Melrose by fostering evidence-based substance abuse prevention strategies. Working collaboratively and providing resources, we take a leadership role in combating this problem by offering HOPE.

**Funded By:** The Drug-Free Communities Grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Massachusetts DPH Bureau of Substance Abuse Services (BSAS).



MELROSE  
SUBSTANCE ABUSE  
PREVENTION COALITION



Melrose Substance  
Abuse Prevention Coalition  
City of Melrose  
Health Department  
562 Main Street  
Melrose, MA 02176

FAMILIES THAT CARE: **GUIDING GOOD CHOICES**

IS A RESEARCH BASED WORKSHOP SERIES

PROVEN TO STRENGTHEN FAMILY BONDS,

FOSTER BETTER COMMUNICATION SKILLS AND

DECREASE THE CHANCES OF RISKY BEHAVIOR

BY OUR CHILDREN.

FAMILIES THAT CARE  
**guiding  
good  
choices**<sup>®</sup>

ARE YOU RAISING A CHILD  
UNDER THE AGE OF 15?



FAMILIES THAT CARE

**guiding  
good  
choices**<sup>®</sup>

a workshop series designed to strengthen  
family bonds and communication skills

## Why a Prevention Program for those who are raising youth?

There is clear evidence that the child-rearing practices, attitudes, values and behaviors of parents influence whether their children will participate in risky behaviors or not.

Based on 30 years of research 20 factors have been identified that increase young people's risk of developing problems with drug use and other risky behaviors—violence, delinquency, dropping out of school, teen pregnancy—to name a few.

### This Program:

- Gives adults who are raising children in grades 4 – 8 (ages 8 to 14) the knowledge and skills needed to guide them through early adolescence.
- Strengthens and clarifies family expectations for behavior.
- Enhances the conditions that promote bonding in the family.
- Teaches skills to parents and children that allow children to successfully meet the expectations of their family.

THIS PROGRAM CONSISTS OF 2.5-HOUR WORKSHOPS HELD ONCE PER WEEK FOR FIVE CONSECUTIVE WEEKS. ANYONE WHO IS INVOLVED IN THE DEVELOPMENT OF A CHILD IS WELCOME TO ATTEND.

MELROSE RESIDENT FEE IS \$10 FOR MATERIALS.

NON-RESIDENT FEE IS \$125.00 PER PARTICIPANT.

YOU WANT THE YOUNG TEEN IN YOUR FAMILY TO BE THEIR

VERY BEST. HOW CAN YOU HELP THEM MAKE THE BEST

CHOICES SO THEY CAN BE SAFE AND RESPONSIBLE?

### 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.

## Are you interested in attending this workshop series?

CONTACT US TO REGISTER AND FOR MORE INFORMATION.

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**Donations are appreciated and tax deductible.**

CHILDREN IN FAMILIES WHO HAVE GONE THROUGH GUIDING GOOD CHOICES ARE 26% MORE LIKELY TO REMAIN DRUG-FREE!



FAMILIES THAT CARE: **GUIDING GOOD**

**CHOICES** IS A RESEARCH BASED

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STRENGTHEN FAMILY BONDS, FOSTER

BETTER COMMUNICATION SKILLS AND

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