



CHERRY CREEK SCHOOLS  
**PARENT  
ACADEMY**

# Help Guide Your Child through their Tweens!

*A Program for Parents of 4th-8th Graders!*

As children evolve from parent-pleasing little ones, to adolescents yearning for independence, testing boundaries and seeking peer acceptance, this **proven effective** four-week class offers tips for parents on navigating those challenging years.

## LEARN TO:

- » Teach your child to stop, think and control impulses
- » Communicate peer pressure refusal skills
- » Understand adolescent brain development and how it affects behaviors
- » Develop healthy beliefs and clear standards within your family
- » Strengthen family bonds
- » Manage family conflict

## INVEST THE TIME!

- » Four classes can make a lifetime of difference!
- » Research shows that Guiding Good Choices has been demonstrated to:
  - » Reduce alcohol use by 40 percent
  - » Increase the probability of remaining drug free
  - » Significantly reduce the rate at which adolescents develop depression

*Cost: \$30.00 per family - includes a \$10 workbook fee (Scholarships available for families who receive Free & Reduced Lunch - Call 720-554-4247 for more information.)*

*Additional costs of the program are sponsored by the CCSD Wellness Office.*

### **Pick a location that works best for you!**

*Each class meets from 6:00 to 8:30 pm*

#### **Horizon Middle School**

November on Tuesdays  
(11/7, 11/14, 11/21, 11/28)

#### **Fox Ridge Middle School**

January/February on Mondays  
(1/22, 1/29, 2/5, 2/12)

#### **Prairie Middle School**

February/March on Tuesdays  
(2/27, 3/6, 3/13, 3/20)

#### **High Plains Elementary**

April/May on Tuesdays  
(4/10, 4/17, 4/24, 5/1)

*Childcare available on a limited basis  
Light snacks provided*

Cherry Creek School District psychologists, social workers and counseling staff present the Guiding Good Choices program throughout the district year-round. Guiding Good Choices is nationally recognized as a Model Program by the Substance Abuse and Mental Health Services Administration.

**SPACE IS LIMITED!**  
*Register Now at*  
**[cherrycreek.revtrak.net](http://cherrycreek.revtrak.net)**

### **QUESTIONS?**

**EMAIL:** [lkoenig2@cherrycreekschools.org](mailto:lkoenig2@cherrycreekschools.org)

**PHONE:** 720-554-4247



*Dedicated to Excellence*  
Cherry Creek Schools