

Guiding Good Choices is a free workshop from Anuvia Prevention & Recovery Center that is designed for parents who have children between the ages of 8 and 17.

Over five 2-hour sessions that are conveniently scheduled during evening hours, parents who enroll will learn about the following topics:

- Preventing drug use and developing refusal skills among youth
- Setting Guidelines: Developing healthy beliefs and clear standards
- Managing Conflict: Controlling and expressing anger constructively
- Involving everyone: How to strengthen family bonds

Snacks and refreshments are provided.



Don't let your child become another statistic. Enroll in Guiding Good Choices today!

Guiding Good Choices can be provided in Spanish.

¹From Substance Abuse Prevention Services.

For more information or to enroll in the next workshop, please contact Jenny Wade, prevention specialist at the Anuvia Prevention & Recovery Center, at 704.927.8875 or jenny.wade@anuvia.org.

Anuvia Credentials

- Accredited by the Commission on Accreditation of Rehabilitation Facilities, demonstrating that Anuvia programs are person- and family-centered and promote quality, value and optimal outcomes, as well as substantially meeting international standards.
- An affiliate of the National Council on Alcoholism and Drug Dependency.
- One of the largest agencies in North Carolina when ranked by staff members with licenses and credentials from the North Carolina Substance Abuse Professional Practice Board.
- One of the few agencies in North Carolina with full services offered in Spanish.
- Leading provider of services to Mecklenburg County Drug Treatment Court and Area Mental Health.



Funding

Anuvia Prevention and Recovery Center is a North Carolina 501 (c)(3) nonprofit. Major funding for Anuvia is provided by the Mecklenburg County ABC Board.

Part of Anuvia's mission is to provide substance abuse education and treatment to individuals who do not have sufficient financial means to pay for services.

Private donations of any amount are needed and accepted. Call 704-927-8881 to find out how you can make a gift that supports community wellness through substance abuse prevention and recovery.

- Prevention
- Assessments
- Treatment
- Court Services



Guiding Good Choices

For Parents of Tweens and Teens

(704) 376-7447 • www.anuvia.org



PREVENTION



Do you have children between the ages of 8 and 17?

Do you need tips and tools to help your child avoid bad choices on using alcohol or drugs?

RESEARCH BASED: Guiding Good Choices is a substance abuse prevention program that teaches parents of preteens and younger adolescents the skills they need to improve family communications and bonding. It is based on extensive research that demonstrates the critical importance of strong family relationships in reducing or inhibiting adolescent participation in anti-social behaviors such as underage drinking, illegal drug use and tobacco use.

SUCCESS FOR PARENTS: Feedback from parents who have participated in Guiding Good Choices shows that the program offers immediate and tangible results. They have benefitted from learning about effective communication strategies, family meetings, how to manage anger and learning about substance abuse statistics.

What opportunities could your child lose forever? Don't wait to find out.



Statistics in Charlotte Mecklenburg

A 2008 survey from Charlotte Mecklenburg Schools (CMS) found that the average age for adolescents to first smoke cigarettes and try alcohol is 12.¹

From the same survey, 10 percent of CMS students reported using marijuana within the last 30 days. This statistic is higher than the national average.

"You [parents] are the messenger that your children are likeliest to listen to."

Joseph Califano, author of "How to Raise a Drug Free Child"

Reducing Risk to Families

Guiding Good Choices is a model and award-winning program that has shown a reduction in teens' current alcohol use by 40% as well as a significant delay in the initial use of marijuana.

The program focuses on:

- Family Communication
- Family Bonding
- Strengthening Family Roles and Responsibilities
- Family Management Skills

Program Structure and Tools

There are five workshops lasting 2 hours each. The sessions are interactive and include:

- Family Guide Notebook for each participant
- Video segments of each technique
- Engaging activities for increased learning
- Group discussion
- Snacks and refreshments

"We are using many of the tools from the program and seeing good results."

Graduate of Guiding Good Choices