



# Guiding Good Choices is for you!

**GGC is a FREE parent workshop consisting of five, two-hour sessions that address:**

- **The influence of parents in helping their kids avoid drugs and other unhealthy choices,**
- **Setting Guidelines, Monitoring and Consequences,**
- **Positive and Effective Family Communication, and**
- **Building Bonds by involving your kids in the family.**

(Research shows that if a child feels bonded to their family, they are more likely to adopt the beliefs and standards of that family.)

**And...because we know how busy parents are, we provide dinner and childcare at each session (free)!**

Please stop by the Five Town CTC office at Mid-Coast Recreation Center on Route 90 in Rockport to register. If you are not able to stop in person, you may send in the registration form below to:

**Five Town Communities That Care  
P.O. Box 1135  
535 West Street (MRC), 2<sup>nd</sup> Floor  
Rockport, ME 04856  
Or call Dalene at (207) 236-9800 for more information**

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## Registration Form for Five Town CTC GGC Sessions

Parent(s) or Guardian(s) attending:

Will you need child care?

Yes

No

Name of child(ren) needing care

Age

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone # \_\_\_\_\_ E-Mail \_\_\_\_\_

Name and grade of child(ren) aged 9-14 living with you

*Guiding Good Choices* sessions will take place between 5:00 PM and 7:30 PM Tuesday nights: October 28<sup>th</sup>, November 4<sup>th</sup>, November 18<sup>th</sup>, December 2<sup>nd</sup> and December 9<sup>th</sup> at Camden Hills Regional High School in Rockport. (Dinner for the entire family is from 5:00 to 5:30.) Parents should attend all five sessions. The November 18<sup>th</sup> session includes your children who are ages 9-14 for the entire evening.

If you are interested in attending, but the times don't work for you, please indicate the best day of the week for you to attend workshops and return the form. (We will keep this in mind when scheduling sessions.)

Best day of the week:

Second Choice day of the week:

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