

# FREE PARENTING WORKSHOPS SERIES



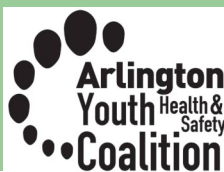
## ***GUIDING GOOD CHOICES-WINTER 2018***

**For parents and caregivers of middle school students  
(Grades 6-8)**

**Participation is free, but REGISTRATION IS REQUIRED**

**\*This program is funded  
by the Elizabeth and  
George L. Sanborn**

**SANBORN**  
FOUNDATION



**Guiding Good Choices (GGC) offers proven techniques  
and effective tools to help parents:**

- **Improve communication with their children**
- **Develop healthy family values and behavioral expectations**
- **Control and express anger constructively**
- **Strengthen family bonds and trust**
- **Prevent children from engaging in substance use and other risky behaviors.**

**Monday nights (Feb 26, March 5, 12, 19 & 26)  
from 6:30-8:30**

**Whittemore Robbins House (670R Mass Ave)**

*GGC consists of 5 workshops, held once a week for five consecutive weeks.  
This is an evidence-based program that requires participants to attend all five  
workshops.*

**Please register by email at [kdillon@town.arlington.ma.us](mailto:kdillon@town.arlington.ma.us)**