



Join us for *Guiding Good Choices* **FREE Parenting Course**

Guiding Good Choices is being offered to North Reading families and beyond FREE of charge. This interactive 4-week program offers science-based skills and practice to help parents:

- Strengthen bonds with their children
- Increase protective factors and decrease risk factors
- Prevent youth substance use



FREE

This course is targeted to parents and grandparents of students ages 9-14, but we accept all participants regardless of students' ages. Enrollment includes dinner each week, free babysitting, and course book. Select one of 3 training cohorts:

Cohort 1	Cohort 2	Cohort 3
Thursdays at NRPD Training Room	Tuesdays at NRPD Training Room	Tuesdays at O'Leary Senior Center
October 3 October 10 October 17 October 24	October 8 October 15 October 22 October 29	October 29 November 5 November 12 November 19

For more information, instructor lists, and babysitting information, email us at coalition@northreadingma.gov.

**Enroll today at northreadingma.gov/CIT
and click EVENTS**

