

# 3 ways to help make your family stronger



## Guiding Good Choices:

for parents of 9-15 year olds. Learn proven tips to help your child avoid drugs and other risky behaviors. Help them learn to keep their friends and have fun, but not get in trouble.

## Becoming a Love and Logic Parent:

For parents of 3-18 year olds. Fun and interactive program where you learn tips on raising kids to be responsible and respectful, all while enjoying parenting! These methods work.



## For Kids Sake:

For parents who share custody or visitation of their children. Workshop taught by a licensed therapist. Program helps even if only one parent comes.

For more information on these parenting workshops call Judith Schrauder Central Shenandoah Valley Office on Youth 540-942-6757.