

*Coming Virtually October 2020 to Manistee . . .*

# Guiding Good Choices

A Program for Parents who want to help their kids make healthy choices!



For Parents with Youth Ages 9-14

6 week program: Thursdays from 6-7:30 p.m.

Beginning October 8th through November 12th.

To Register Email Sarah Garthe @  
[sgarthe@centrawellness.org](mailto:sgarthe@centrawellness.org)

## Topics Covered Include:

How to help youth make healthy choices

How to set family rules

How to handle anger without breaking the bond with your child

How to bond with youth

This training is for **anyone** who is helping raise youth

This training is brought to you by the generous support through: The Manistee County Community Foundation's Limitless Grant, United Way of Manistee, Human Services Collaborative Body, and the Manistee Substance, Education, & Awareness Coalition.