



2011 Parent Alcohol/Drug Information School Schedule

Program

The Parent Alcohol/Drug Information School is instructed by the Parent Education Coordinator with Four County Mental Health Center. It is based upon an evidence-based program entitled "Guiding Good Choices." This curriculum is a Model Program which is the highest possible rating by Substance Abuse and Mental Health Services Administration (SAMHSA). The five-session class will cover the following:

Session One: Getting Started: How to Prevent Drug Use in Your Family

Session Two: How to Develop Healthy Beliefs and Clear Standards

Session Three: How to Say No to Drugs (Parents and Adolescent both attend)

Session Four: How to Control and Express Your Anger Constructively

Session Five: How to Strengthen Family Bonds

This school is completed in five sessions (two hours each). In order to receive a certificate of completion, all sessions must be attended.

These classes are offered in Independence on the following dates from 4:00 – 6:00PM.

To enroll call 620-331-3480

December 30, January 3, 6, 10, 13

May 2, 5, 9, 12, 16

September 8, 12, 15, 19, 22

March 3, 7, 10, 14, 17

July 7, 11, 14, 18, 21

November 7, 10, 14, 17, 21

**Classes located at Four County Mental Health Center-North,
1101 Donald Avenue. Check in with receptionist at front desk.**

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