

PRESS RELEASE

For Immediate Release
9/2/09

For more information contact:
Deb Naro (603) 536-9793

ATTN: News Department/PSA/Calendar of Events:

FREE PARENT EMPOWERMENT SERIES

Bristol NH – Parents want their children to succeed, but they may not be aware of “tried and true” strategies that turn challenges into solutions.

CADY (Communities for Alcohol and Drug-free Youth) is sponsoring a free parent empowerment series, “Guiding Good Choices,” that will provide strategies on how to successfully navigate today’s pressure-filled world of parenting “tweens and teens” (children ages 9 to 14). This engaging and interactive series offers positive, common sense strategies for dealing with the everyday issues of parenting today’s youth—friends, internet, and stress management, as well as serious issues such as substance abuse prevention. Parents and caregivers will learn how the “little things” – talking one-on-one, setting boundaries, offering guidance, and modeling positive behavior—make a BIG difference in helping youth to be healthy decision makers and successfully reach their goals.

This interactive and fun series will be facilitated by Karen Gerdtts, an engaging and dynamic presenter. It will be held on Thursday evenings from 5:30-7:30 pm at the Newfound Memorial Middle School in Bristol. The series runs for four weeks with scheduled dates of October 8, 15, 22, and 29th. The first ten families that pre-register and complete all four sessions will receive a \$50 cash bonus. A light meal will be served at each session. The deadline for pre-registration is October 2nd. CADY is able to offer this series at no cost to parents and caregivers through funding provided by the NH Division of Community-Based Services Bureau of Drug and Alcohol Services. Space is limited so don’t delay – sign up today! To register, please call the CADY Office at 536-9793.

#####