

Family Benefits of Guiding Good Choices:

Families will learn to:

Strengthen Family Bonds

**Set a Clear Family Position
on Drugs**

**Teach Children Skills They
Will Need to Make
Healthy Choices**

**Increase Children's
Involvement in the Family**

Children of families who have participated in GGC workshops have started using alcohol and marijuana at lower rates than have children in other families.

Carroll County Health Department



Public Health
Prevent. Promote. Protect.

Amy Laugelli

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Carroll County Health Department

Substance Abuse
Prevention Services

Guiding Good Choices

A Parent Program
Designed to Keep Kids
Drug Free



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Family Makes a Difference!

Guiding Good Choices is an evidence-based program that gives families the skills and

knowledge to help children resist substance abuse and other risky behaviors. Parents will learn specific strategies to help children avoid drug use and develop into healthy adults.

Research has shown that when children are bonded to their parents, school, the community, and non-drug-using peers, they are less likely to use drugs.

Through interactive, skill-based sessions, video illustrations, and a Family Guide containing activities, exercises, and information, parents will learn to set clear family guidelines on drugs, practice skills to strengthen family bonds, help children develop healthy behaviors, and increase children's involvement in the family.



Sessions

Preventing Drug Use

Parents learn about the extent of the drug problem and how to prevent problems in their own families

Developing Healthy Beliefs and Clear Standards

Parents develop clear family guidelines and expectations for behavior

Avoiding Trouble and Learning Refusal Skills®

Parents learn skills children can use for staying out of trouble and keeping their friends

Managing Conflict and Expressing Anger Constructively

Parents learn to manage family conflict

Strengthening Family Bonds

Parents learn to increase children's involvement in the family in the teen years

Frequently Asked Questions

How long is the program?

Guiding Good Choices is (5) ninety-minute sessions usually held over (5) consecutive weeks.

What is the cost?

Carroll County Health Department provides this program FREE of charge to the community.

How can I sign up ?

Please contact the Carroll County Health Department to learn more.



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