

Dear Parents,

I am writing to encourage you to take advantage of an important opportunity for you and your child. A five-session workshop series called **Guiding Good Choices** is being offered at your child's school. These interactive workshops will give you and your child the skills to work together and take action now to prevent use in the future.

It is critical to act now because this is a time when your child is making decisions that will affect the rest of his or her life. According to a 2006 survey by the National Center on Addiction and Substance Abuse at Columbia University, between the ages of 13 and 14 the chance that a young person will be offered marijuana nearly triples! Similarly, between the ages of 12 and 17, the risk for substance abuse increases almost 700 percent!

A 1998 survey from the same organization reported that the number-one reason young people choose not to use drugs is because they don't want to disappoint **their parents**. Yet, nearly half of the 13-year-olds surveyed said that their parents had not talked to them seriously about the dangers of alcohol and other drugs.

In these lively, interactive workshops, you will learn practical skills to help you strengthen your relationship with your child and help him or her to avoid drug use and other problems. This program is based on solid research and has a proven track record of effectiveness.

This series of GGC workshops will be co-facilitated by Dan N. Bond, MSW, Substance Abuse Prevention Specialist, Island County Human Services, and Sheila Weinsheimer, MSW, School-based Mental Health Counselor (OHSD), Island County Human Services.

The workshops will be offered five consecutive Mondays: September 28, October 5, 12, 19 and 26, 2009, from 6:00 to 8:00 PM, at Oak Harbor Middle School. You must attend all five sessions, but there is no cost to participant parents. Child care is available to those who need it.

Remember, problems with alcohol and other drugs do not discriminate – every family is at risk. Now is the time to join other families in preparing for your child's teen years. Don't miss this opportunity. For more information or to register, call Sheila Weinsheimer: 279-5340

Sincerely,