

LifeSkills® Training Parent Workshop

WHERE: Pierce Middle School Library

WHEN: Two opportunities to attend - May 6 or June 3 at 6:30pm

WHO: Parents/Guardians of students in grades 5 - 9

****The sessions are free and open to families of students in grade 5 – 9****

This award-winning workshop, *LifeSkills® Training Parent Program* is designed to help parents strengthen communication with their children and prevent them from using drugs. This interactive, skills-based program teaches parents how to promote positive health and personal development in their children. The curriculum covers collaborative techniques that parents can use to reinforce their children's competencies in skills that have been found to reduce and prevent substance use. These tools help parents prepare their children for a successful transition from adolescence to early adulthood.

The *Lifeskills® Training Parent Program* helps to strengthen parenting skills in the following areas:

- Issues related to adolescent drug abuse
- How to be a good role model for your child
- Ways to convey a clear anti-drug message
- Tips for effective family communication and parental monitoring
- Helping your children develop personal self-management and social skills

For questions or further information about these programs, please contact:
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*These workshops will be offered in the community through the generous support
of the Milton Junior Woman's Club.*

