



Research shows most youth substance use can be prevented by parents who are well-trained in three types of skills:

- **BONDING** (creating warm & loving relationships)
- Setting clear **BOUNDARIES** against substance use
- **MONITORING** youth's activities to see that they always stay in an alcohol and drug-free social environment

Who: Families with children ages 7 – 17 attend as a family unit to learn greater communication skills and the science behind addiction prevention.

What: Here is a synopsis of this internationally recognized, evidence-based family skills training program:

Intro: The Happy Family – Healthy Brain Connection

#1: Look for and Compliment the Good Daily

#2: Communicating with Love and Understanding

#3: The Five Rs for a Happy Home – Rules, Rewards, Responsibilities, Routines and Happy Rituals

#4: Limits and Consequences

#5: Problem Solving and Negotiation Skills

#6: Stress and Anger Management

#7: Goals and Contracts to Change Behavior

#8: No Alcohol, Tobacco or Other Drugs (ATOD)

#9: Choosing Good Friends and Monitoring Activities

#10: Values, Traditions and Service

When: A class series will be scheduled three times a year (spring, summer and fall) and led by two certified Family Coaches.

Where: Weekly classes will be taught within a two-hour time frame in the Jena and Olla areas. Specific locations are noted on the registration site, www.agreaterlasalle.com. Sign up now for a class near you!