

Drug coalition

Fall program set for parenting

Ever hear of attending a workshop in which you get paid for participating?

Usually it works the other way around, but starting with the new school year the Fountain Hills Youth Substance Abuse Prevention Coalition is offering a parenting workshop with a unique catch.

The first 12 parents who sign up for a session of "Staying Connected with Your Teen" will receive \$100.

There is a total of 10 hours in the workshops.

The program is being funded through a grant awarded the coalition by the Governor's Office for Children, Youth & Families – Division for Substance

Abuse Policy.

Karen Whalen-Bayne of the coalition said the "Staying Connected with Your Teen" program teaches parents and teens skills to improve communication.

She added that the coalition selected this program because it is a science-based prevention program that is grounded in rigorous research from a variety of disciplines.

Families who participated in the program showed improvement in five critical areas -- prevention of substance abuse, improved family discipline practices, improved family supervision skills, improved family bonding and reduced

family attitudes favorable to anti-social behavior.

The program consists of:

- * Real life strategies to increase bonding, reduce risk factors and increase protective factors resulting in a more effective relationship with your teen.

- * Ideas for parents to supervise their teen while reducing arguments and accusations about invading your teen's privacy.

- * Techniques to assist parents with setting family policies on health and safety issues.

- * Tools and methods for effective family problem solving.

"Things start to change with kids once they enter

their middle school years," said Whalen-Bayne, a retired educator.

"This is a very proactive, practical program. It's not just about alcohol. A major emphasis is keeping alive those relationships with your children."

The first sessions will start in mid-August. Others will be held in September, October, January, February and March.

All sessions will be conducted in the Fountain Hills Unified School District Learning Center.

To sign up or for more information, contact Whalen-Bayne at (480) 639-0519 or e-mail her at karob@cox.net.