

DISCOVERY COUNSELING CENTER



Creating Lasting Family Connections

WHAT: An after-school *student group* that will help your child:

- ❖ Improve communication skills
- ❖ Make positive and healthy choices regarding alcohol and drugs
- ❖ Learn stress management
- ❖ Increase self-esteem
- ❖ Make new friends
- ❖ Have fun!

An evening *parent group* that will:

- ❖ Improve communication skills
- ❖ Increase family bonding
- ❖ Provide an opportunity to network with other parents
- ❖ Help parents learn how to navigate through the teen years

WHEN/WHERE: *Students' After-School Group:*

- Tuesdays, 3:30-5:30 PM; beginning Tuesday, September 15, 2009 at the Discovery Counseling Center in Danville

Parents' Evening Group:

- One evening per week; Start date and time of group TBD

HOW:

Availability is limited. To register, please contact Michelle Cummings, at Discovery Counseling Center (925) 837-0505 ext. 305.