

Drugs! A word that can strike fear, denial and confusion into the hearts of parents across the nation. So often parents feel inadequate and ill-prepared to deal with the issue. But it needn't be like that.

This essential and highly regarded **six week course** is for parents and carers, to provide them with the strategies to steer their children away from the harmful use of drugs. It is aimed at parents and carers of children aged 8-18.

The course is aimed first and foremost at prevention, but does provide information about issues such as recognising problems and when and how to get help. The six sessions break down as follows:

Session 1: Drugs! Just how bad is it?

Session 2: Why children and young people take drugs.

Session 3: How to educate children to make good choices.

Session 4: Prevention tools for parents.

Session 5: Learning to intervene and where to get help.

Session 6: A parent's guide to handling relapses.

Here are some quotes from parents who have attended the previous course in Horfield -

"...found it surprisingly enthralling! Excellent presentation."

"It has been very informative and I have enjoyed my time here."



'How to drug proof your kids' is for the communities of Horfield and Lockleaze, organised by Ebenezer Church and Monks Park Doctors Surgery.

The course is supported by: Avon and Somerset Constabulary, Churches Together in Horfield and Lockleaze, Doug Naysmith MP, Filton Avenue Junior School, Horfield CEVC Primary School, Horfield Health Centre, Lockleaze Neighbourhood Trust, Monks Park School, Monks Park School Parents Association, Neighbourhood Renewal, North Bristol Advice Centre, Purdown Credit Union, Romney Avenue Junior School, Safer Bristol Partnership, Southmead Drugs Project, The George Muller Foundation, Upper Horfield Community School, and Upper Horfield Community Trust.

The course has been developed by the national charity, Care for the Family, in association with national drugs education charity, Hope UK.

'How to drugproof your kids' course

steering your children away from the harmful use of drugs

starting **Monday 17th October 2005**

(then every Monday until 21st November)

at Monks Park School, Filton Road, Horfield

Doors open at 7.15pm, for 7.30pm start. Finish at 9.30pm

Cost - £5 (inc course manual and refreshments). Concessions available.

Please call for details. Book your place in advance.

www.drugproofcourse.co.uk

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