

February 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 STEP—Snoqualmie	2 CDG—Issaquah	3	4
5	6 CDG—Issaquah CDG—Duvall	7 CDG—Snoqualmie	8 STEP—Snoqualmie	9 CDG—Issaquah	10	11 ADIS—Snoqualmie
12	13 CDG—Issaquah CDG—Duvall	14 CDG—Snoqualmie	15 STEP—Snoqualmie	16 CDG—Issaquah	17	18 DROP-IN—Duvall
19	20 CDG—Issaquah CDG—Duvall	21 CDG—Snoqualmie	22	23 CDG—Issaquah	24	25
26	27 CDG—Issaquah CDG—Duvall GGC—TBD	28 CDG—Snoqualmie	29 STEP—Issaquah SCT—Snoqualmie			

- **ADIS (Alcohol/Drug Information School): Issaquah Classes (7972 Maple Ave., Snoqualmie, WA 98065) 425.392.6367—some Saturdays, \$90 per class (cash or check only); ages 13-20.**
- **STEP (Systemic Training for Effective Parenting) classes: PARENTS OF 13-19 YR OLDS; (Snoqualmie Office, 7972 Maple Ave. SE, Snoqualmie, WA 98065); on Wednesdays from 7:00—9:00pm; \$60 for individuals \$80 for couples; to register please contact casey@friendsofyouth.org**
- **STEP (Systemic Training for Effective Parenting) classes: PARENTS OF 13-19 YR OLDS; (Issaquah Office; 414 Front St. N, Issaquah, WA 98027; Feb. 29, 2012—April 4, 2012) Wednesdays from 7:00 PM—9:00 PM; \$60 for individuals \$80 for couples; to register please contact casey@friendsofyouth.org**
- **Chemical Dependency Group (CDG): *Groups for existing clients only, to participate, the young person must have an assessment and be enrolled* - Issaquah Group meets Mondays 3:00pm—4:30pm and Thursdays 4:00pm—5:30pm.; Duvall Group meets on Mondays from 5:00pm—6:30pm; Snoqualmie group meets Tuesdays 3:00pm—4:30pm.**
- **Guiding Good Choices (GGC): (Location TBD); Free parenting classes; Mondays 6:00 PM—8:00PM 2/27—3/26**
- **Staying Connected with Your Teen (SCT): (Mt. Si High School, 8651 Meadowbrook Way, Snoqualmie, WA 98045; Wednesdays, 6:00 PM—8:00 PM 2/29-3/28**
- **FREE Drop-in Support & Food (DROP-IN): Duvall Office, 26420 NE Virginia St., Duvall, WA 98019; Saturday February 18th, 12:00 PM—3:00 PM**



Alcohol/Drug Information School

Interested in Learning more about Washington driving laws and the effects of alcohol/drug use?



Join us for this one-day alcohol and drug information school (ADIS). This course is for youth who are:

- ⇒ **Interested in learning about the effects of alcohol and drugs.**
- ⇒ **Have been experimenting with or misusing alcohol/drugs.**

This course meets WA State requirements for Court-ordered ADIS.



All classes:

- **On Saturdays, 8:30 am to 5:00 pm.**
- **Be on time—no one admitted late.**
- **Bring a lunch.**
- **\$90 per class—cash or check only. Payment is due anytime before the day of class.**
- **Sliding fee scale available. Fee reduction application must be received by the Wednesday before class.**
- **Please pre-register.**
- **Age limit: 13—20**

Pregunte por las clases en Español (Ask about our ADIS classes in Spanish).

ISSAQUAH classes

Friends of Youth
414 Front St. N
Issaquah, WA 98027
(425)392-6367

March 10, 2012
April 7, 2012

SNOQUALMIE classes

Friends of Youth
7972 Maple Ave.
Snoqualmie, WA 98065
425-888-4151 ext 201

February 25, 2012 May 19, 2012
April 7, 2012 August 25, 2012

Parent your Teenager without yelling, grounding or bribing!

For parents of 13 to 19 year olds



JOIN US FOR 6 CLASSES TO LEARN HOW TO:

- Move from conflict to connection with your teen
- Reduce power struggles and acting out behaviors
- Create mutual respect and build responsibility
- Help boost your teen's self-esteem
- Practical strategies to deal with Sex, Drugs, and Alcohol

Based on the nationally renowned and proven effective
STEP: Systematic Training for Effective Parenting Program

January 11—February 15
Wednesdays 7:00 to 9:00 pm

\$60 Individual/\$80 Couples
Scholarships Available

Classes Held at: Friends of Youth, Snoqualmie

For more information or
to register now call Liana at: 425-888-4151



Guiding GOOD CHOICES

Parents of 5- 8th graders ~ Come learn proven strategies for avoiding teen substance abuse and skills for strengthening your family's connections.



Dates & Times:

Thursdays
3/01 – 3/08 – 3/15 – 3/22
& **Tuesday** – 3/27

6:00-8:00 pm

Session 5:
Youth attend with parents
Free Pizza!

Beaver Lake Middle School

\$30.00 for class workbook
scholarships available

"This class should be required for all middle school parents."

"Great discussions, networking and practical strategies."

"I feel better now that our family policies are in order."

"Gave me new information, perspectives and ideas."

These active learning sessions cover:

Week 1 - How to Prevent Drug Use

Week 2 - Setting Healthy & Clear Standards

Week 3 - Managing Conflict & Strong Emotions

Week 4 - Strengthening Family Bonds

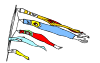
Week 5 - How to Say NO to Trouble

To register: <http://www.friendsofyouth.org/parentingRegistration.aspx>

For more information: Sara: 425-888-4151 x 201 or sara@friendsofyouth.org

Class being offered by Friends of Youth and funded by King County's Alcohol & Other Drug Prevention Program - Division of Behavioral Health & Recovery
The Issaquah School District neither sponsors nor endorses this event and the District assumes no responsibility for it.

This event is endorsed by and funded in part by the Issaquah Community Network.



Staying Connected with Your Teen

Parents of 8 -10th graders ~ Learn proven strategies for avoiding issues like teen substance abuse while promoting your child's growing need for independence.



Dates & Times:

5 Wednesdays

2/29 – 3/07 – 3/14 – 3/21 – 3/28

6:00-8:00 pm

*Sessions 4 & 5:

Teens attend with parents

Location: Mount Si High School

\$30.00 for class workbook
scholarships available

"This course is valuable to every parent anywhere."

"Empowering solutions."

"I liked all the skill building we did."

"New tools I can apply immediately."

"I would highly recommend it to other parents."

These active learning sessions cover:

Week 1- Understanding the Teen Brain

Week 2- Making Decisions – Solving Problems

Week 3- Getting Teens Involved – Family Policies

Week 4- Communication – The Power of Feelings

Week 5- Peer Influence – Refusal/Negotiation Skills

To register: <http://www.friendsofyouth.org/parentingRegistration.aspx>

For more information: Phoebe 425-888-6683 x 204 or phoebe@friendsofyouth.org

Class being offered by Friends of Youth and funded by King County's Alcohol & Other Drug Prevention Program - Division of Behavioral Health & Recovery
The Snoqualmie Valley School District neither sponsors nor endorses this event and the District assumes no responsibility for it.
This event is endorsed by the SVSD PTSA Council and is receiving funds from SVSD PTSA.



NEED HELP...



Relationships?

Alcohol & Drugs?

Stressed?

Couch surfing?

Depression & Anxiety?

FREE Drop-in
Support & Food

Saturday,
Feb. 18th
12-3pm

Friends of Youth @ Duvall Place
26420 NE Virginia St., (425) 844-9669

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