



# Family Fun Nights

*A free workshop series for parents and professionals*

## **"Cyber Nightmare: Youth & Technology in 2010"**

This workshop will provide you with strategies needed to help your child safely navigate today's cyber social scene. Don't be intimidated- get the information and tools you need to keep up! We will also discuss handling the inevitable problems as they arise.

*Presenters:* Brian Strickland & Melinda Mogowski

**February 19, 6:30 to 8:00pm**

## **"Kids and Substance Abuse-Tips & Tools for Parents"**

The goal of this workshop is to provide basic information about adolescent alcohol and drug use with a focus on warning signs and symptoms. Strategies to strengthen communication and involvement in your child's life will be provided, including understanding how children may view their caregivers as role models. Preventive strategies will be discussed and recommendations will be offered if you suspect your child is using substances.

*Presenters:* Tim Hill & Mike Damoth

**April 16, 6:30 to 8:00pm**

## **"Survival Skills for Parenting your Teens"**

Guiding your child through the preteen and teen years can be a bumpy ride. Attend this workshop and you will learn to avoid power struggles by using effective communication, limit setting, anger management, supervision, and other survival skills for parenting adolescents.

*Presenter:* Kathy Burrus

**March 19, 6:30 to 8:00pm**

*Come as a family to play and learn!* Participate in these fun and interactive workshops at the Outer Banks YMCA in Nags Head **free of charge (no membership is required).**

Child care will be provided for a fee of \$3 per child and they will enjoy an evening of crafts, games, and other fun activities. **Workshops begin at 6:30pm**, make sure to arrive early to get your children checked-in on time.

Registration will end the day before each workshop so call now to sign up for one or more of these events!

**Register online at [www.darekids.org](http://www.darekids.org) or call Children & Youth Partnership for Dare County at 441-0614**