



Life Navigation Center Summer Workshop Schedule

Workshop Details:	Schedule & Location
<p><u>Talking with your Kids about Alcohol and Drugs</u> – This program utilizes the PRIME For Life® curriculum and is an evidence-based motivational prevention program. The program starts with building principles about other lifestyle related health problems to build a bridge to talk about Alcohol and Drugs – how they develop and can be prevented. This program prepares parents for a larger conversation about AOD with more than the slogan of “Just Say No.” It helps parents understand how to encourage low risk choices (abstinence or harm reduction). The course includes how to create your own list of talking points, family expectations and boundaries. 6-hour course - This course will include the PFL workbook. We recommend parents take the course before their teens to coordinate talking points. The cost is \$95.00. Sign up today!</p>	<p>When: Monday and Tuesday, June 20 -21, 2016 6 PM – 9 PM Where: 492 Bankhead Highway, Carrollton</p> <hr/> <p>When: Monday and Tuesday June 27 - 28, 2016 6 PM – 9 PM Where: 206 Main street, Dallas</p> <hr/> <p>When: Monday and Tuesday, July 11-12, 2016 6 PM – 9 PM Where: 492 Bankhead Highway, Carrollton</p> <hr/> <p>When: Monday and Tuesday July 18-19, 2016 6 PM – 9 PM Where: 206 Main Street, Dallas</p> <hr/> <p>When: Monday and Tuesday September 19-20, 2016 6 PM – 9 PM Where: 492 Bankhead Highway, Carrollton</p>
<p><u>Teens Navigate Alcohol and Drug Choices – (Ages 14-18)</u>: This program utilizes the PRIME For Life® curriculum and is facilitated in a small group setting. It helps students feel engaged and comfortable sharing their thoughts, feelings, and doing some self-reflections. An understanding of the potential risks associated with high-risk alcohol and drug choices is an important tool for protecting what we value. When presented in a non-judgmental way, carefully selected information can provoke new thinking and provide individuals with a solid basis for making decisions about their own drinking and drug use. They learn how to make low-risk choices by using a simple tool and how the combination of influences and personal choices determine outcomes. Students identify things they value in their lives and make their own decisions about when and how to protect them. – 6-hour</p>	<p>When: Friday, June 24, 2016 9 AM – 4 PM Where: 492 Bankhead Highway, Carrollton</p> <hr/> <p>When: Friday, June 30, 2016 9 AM – 4 PM Where: 206 Main Street, Dallas</p> <hr/> <p>When: Friday, July 15, 2016 9 AM – 4 PM Where: 492 Bankhead Highway, Carrollton</p> <hr/> <p>When: Friday, July 14, 2016 9 AM – 4 PM Where: 206 Main Street, Dallas</p> <hr/> <p>When: Saturday, Sept. 17, 2016 9 AM – 4 PM Where: 492 Bankhead Highway, Carrollton,</p>

<p>course - This course will include the PFL workbook. The cost is \$95.00. Sign up today!</p>	
<p><u>Be Your Best Self:</u> Come attend our workshop and discover better ways to be proactive, effective, and successful in your life! We will discuss ways to helping you become your best self, whether that is at home, at work, at school, or elsewhere. We can provide you with resources and knowledge that will help you achieve your full potential. Our staff is friendly, knowledgeable, and willing to help! Cost: \$65. Sign up today!</p>	<p>When: Thursday, June 9, 2016 – 9 AM- 12 PM Where: 492 Bankhead Hwy Carrollton, GA</p>
<p><u>Time management:</u> Is it hard to figure out where to start and how to prioritize your time and resources? Come attend our workshop and learn the best ways to get the things done you want and be most effective. Our staff is friendly, knowledgeable, and willing to help! Cost: \$65. Sign up today!</p>	<p>When: Thursday, June 16, 2016 – 9 AM – 12 PM Where: 492 Bankhead Hwy Carrollton, GA</p>
<p><u>Effective Communication:</u> Have you ever wanted to become a better and more effective communicator? No matter what your life situation is, effectively communicating with ourselves and others can foster better understanding and connection. This in turn allows for stronger relationships whether it is in the home, the workplace, or elsewhere. Come attend our workshop and discover more effective and healthy ways to interact with others. Our staff is friendly, knowledgeable, and willing to help! Cost: \$65. Sign up today!</p>	<p>When: Thursday, June 23, 2016 – 9 AM – 12 PM Where: 492 Bankhead Hwy Carrollton, GA</p>

Workshops includes fun activities, handouts, workbook if needed. If you sign up for 2 workshops get a 10% discount on both or sign up for 3 workshops and get a 25% discount. To receive discounts, must sign up at the same time. Call office for more details or to receive discounts.