



Berkshire Children  
& Families

McInerney Parent Center  
48 Elizabeth Street  
Pittsfield, MA 01201

*Nurturing connections for children*

February 22, 2010

Dear Parents,

My name is Ilana Kind, and I am working to encourage you to take advantage of a free five-session workshop series called *Guiding Good Choices*. These interactive workshops will give you and your family the skills to work together and learn ways to prevent your child from using drugs in the future.

In these lively, interactive workshops, you will learn practical skills to help you strengthen your relationship with your child and help him or her avoid drug use and other problems. This program is based on solid research and has a proven track record of effectiveness!

Adolescence is the time when your child is making decisions that will affect the rest of his or her life. The risk for substance abuse is greatest between the ages of 12 and 17, and a 2006 survey conducted by the National Center on Addiction and Substance Abuse at Columbia University found that between the chances that a young person would be offered marijuana nearly triples around age 14.

The good news is that an earlier survey from the same organization reported that the number-one reason young people choose not to use drugs is because they don't want to disappoint *their parents*. Yet, nearly half of the 13-year-olds surveyed said their parents had not talked with them seriously about the dangers of alcohol and other drugs.

That's why I urge you to attend this free five-week program. Now is the time to join other families in preparing for your child's teenage years. Don't miss this important opportunity.

I have a Master's in Social Work from Fordham University, I am a certified Pre-natal and Kripalu Yoga Instructor who has taught yoga in the various school systems, and have developed innovative relaxation and counseling techniques for working with at risk girls in a residential program. Through my own life experiences, I have become inspired to guide young people who face the challenges of everyday struggles and committed to educating parents how to develop a deeper understanding of their children.

The free workshops will be offered from **5:00pm-7:30pm on Wednesday, 3/10/10, 3/17/10 (No class), 3/24/10, 3/31/10 (children attend workshop), 4/7/10 and 4/14/10 at Conte Elementary School in Pittsfield. Free dinner, transportation and child care are available.**

**For more information or to register, please call Ilana at (413) 281-9807. (Registration is required)**

Sincerely,  
Ilana Kind, MSW



phone: 413.448.8281 toll-free: 888.742.7443 fax: 413.445.5404