



FOR IMMEDIATE RELEASE

January 25, 2012

MEDIA CONTACT

Sandra Leander
Communications Director
(602) 274-5022 ext 16
leander@duetaz.org

DUET OFFERS FREE, AWARD-WINNING WORKSHOP FOR KINSHIP CAREGIVERS

(Phoenix, AZ) For the first time, Duet™ is offering a **free**, five-week workshop called "Guiding Good Choices." In a lively and open atmosphere, grandparents raising grandchildren and relative caregivers will gain specific strategies to help the children under their care avoid drug use and problem behaviors. This award-winning workshop created by the Channing Bete Company aims to prevent substance abuse by teaching effective family management and communication skills before the child enters adolescence.

"Grandparents have the same goals parents have, but they're dealing with parenting dilemmas the second time around," said Patricia Dominguez, Duet's Director of Kinship Care Services. "This workshop can equip them with tools they might have missed the first time with their own children."

The Channing Bete Company's "Guiding Good Choices" program is based on science. It has been proven effective in the prevention of alcohol, tobacco and other drugs.

Kim Obert, Program and Communications Manager at DrugFreeAz.org, will present the workshop. Obert became involved with the organization following the accidental prescription drug overdose of her 18-year-old son. She has since begun to help parents understand the dangers of substance abuse.

The **free** "Guiding Good Choices" workshop will be offered Saturdays—February 11, 18 and 25 and March 17 and 24 from 9:00 to 11:30 a.m. at Duet, 555 W. Glendale Avenue, Phoenix, AZ, 85021. A light breakfast will be served. Space is limited. For more information and to sign up, contact Patricia Dominguez at Dominguez@duetaz.org or call 602-274-5022 ext. 44.

About Us: Duet is a non-profit, interfaith organization that promotes health and well-being through a broad range of services to homebound adults, caregivers, faith communities and grandparents raising grandchildren. Duet's free-of-charge services are available in the greater Phoenix area. To volunteer, donate, or ask for help, go to www.duetaz.org or call (602) 274-5022.

###