



Who's the most powerful influence in your child's life? You!

Parents have more influence over their children than friends, music, TV, and social media.

ARCH provides information and programs for parents to help their kids.

ARCH 2019/20 Programming

SpeakUp!

Stay tuned for information about this exciting first at Conestoga. SpeakUp! is an opportunity for students and adults to talk about difficult issues and topics that our kids have chosen.

Tentative Date: Tuesday, October 29th

Minding Your Mind on Substance Abuse

A speaker from Minding Your Mind will talk to CHS students during the day and parents in the evening about substance use, abuse and addiction.

Date: TBD

My Baby is Going to Middle School

September 19th, 9:00am, Valley Forge Middle School

September 19th, 7:00pm, TE Middle School

A panel of counselors, parents and mental health specialists will discuss and answer questions about the transition to middle school for 5th grade parents. Parents of either school can attend the morning or evening session.

Book Talk

"Under Pressure" by Lisa Damur Date TBD

Trending on ARCH's Facebook Page

- ✓ Chris Herren releases documentary, "The First Day" on ESPN (7/12/19)
- ✓ Can a minor drink with a parent in Pennsylvania? (7/7/19)
- ✓ How to find a trusted adult to talk to? (6/29/19)
- ✓ Dr. Dan Siegel: "Presence, Parenting and the Planet"; Talks at Google (6/20/19)

Like ARCH on Facebook!

ARCH is a volunteer organization. We are a coalition of parents, educators, and community members committed to the well-being of youth in Tredyffrin and Easttown Townships – specifically as it relates to the use of alcohol and other drugs. We welcome new members. www.archcares.org.

