



Courageous Parenting 101[®]

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

A **FREE 4-session** substance abuse education and prevention program for parents wishing to arm themselves with the knowledge of how to keep their children safe.

“i Care 2 – Parenting Resource Team” is sponsoring *Courage to Speak- Courageous Parenting 101[®]*

at the **Community of Christ Church, Jonesport**

Fridays, March 20, 27; April 3, 10, 17

5:00pm-7:30pm

Refreshments and Childcare will be provided.

Courage to Speak - Courageous Parenting 101[®] will cover:

- **Teen drug use trends and party culture;**
- **Drug and alcohol abuse, addiction and its physiological consequences;**
- **Protective, psychological and developmental guidance to help reduce the risk of substance use;**
- **Dangers of enabling and hands-off parenting;**
- **Communication and listening strategies;**
- **How to help your child handle stress;**
- **Warning signs;**
- **The power of denial;**
- **Practical steps if use or abuse is suspected;**
- **Parenting styles;**
- **Sources of help and more**

“Through such education”, says Ginger Katz, “the lines of communication open so parents can understand what their children face, set appropriate expectations, guide their emotional development, and provide moral support.”

Classes will be led by trained facilitator Joan Pulkkinen, Pre-K & Kindergarten Teacher @Beals Elementary and Joy Alley, RN. Everyone attending this program, which is for Parents-Only are encouraged to complete a registration form.

To register: email Joy Alley @ jalley@mgemaine.com or call 497-2167 / 598-6706.

For more information about *Courage to Speak – Courageous Parenting 101[®]* :

@ www.couragetospeak.org.

