



Courage to Speak Foundation
Saving Lives by Empowering Youth to be Drug Free

LONGMEADOW PUBLIC SCHOOLS



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.

Longmeadow Public Schools is sponsoring *Courage to Speak- Courageous Parenting 101[®]* at **Longmeadow High School.**

The first session will take place on **Wednesday, October 1st from 7:00-8:30pm.** Sessions two, three and four will follow on **October 8th, 15th and 22nd.**

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 facilitators, Shelly Warren, Substance Abuse Response Coordinator, and Meaghan Roy, Health Educator, at Longmeadow High School, Room 89. Every one attending this program, which is for Parents-Only must complete the registration form. Space is limited and will be filled on a first come first served basis. For more information about *Courage to Speak - Courageous Parenting 101[®]* and a registration form, please call **Shelly Warren at 565-4220. Ext 2456** or email at swarren@longmeadow.k12.ma.us. Registration forms will also be available via a link on the LHS website.

www.couragetospeak.org