

ALL Parents are Invited to Attend The Courage to Speak® Presentation and *Courage to Speak – Courageous Parenting 101®*

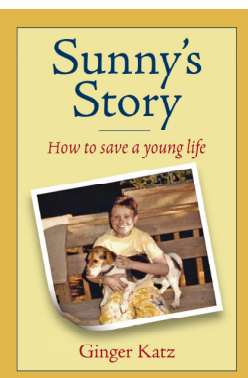
Ginger Katz, CEO/Founder of The Courage to Speak® Foundation will be kicking off the program with the presentation of Ian's story:

September 19, 2012 at 7:00 pm

Heather McNeil, LMFT, LADC will be facilitating Courage to Speak – Courageous Parenting 101®:

Wednesday, October 3rd at 6:30 pm
Wednesday, October 17th at 6:30 pm
Wednesday, October 24th at 6:30 pm
Wednesday, November 7th at 6:30 pm

Old Saybrook Middle School
60 Sheffield Street
Old Saybrook, CT 06475



The Courage to Speak® Foundation was founded by Ginger Katz, author of *Sunny's Story*, in an effort to foster open communication about the prevention of alcohol and other drug abuse among young people. Ginger has been inspired to speak out by the untimely death of her son Ian from a drug overdose. Since 1996, she has given over 1,000 presentations nationally to thousands of parents.

Courage to Speak-Courageous Parenting 101®

**October 3rd Session One / October 17th Session Two
October 24th Session Three / November 7th Session Four
Time: 6:30 pm**

This free four-session substance abuse education and prevention program will be taught by trained Courage to Speak® facilitator Heather McNeil and additional certified YFS staff and was developed by the Courage to Speak Foundation to help parents like you understand substance abuse and its impact on children and youth. You will gain the knowledge required to communicate more effectively with your children. For more information about *Courage to Speak – Courageous Parenting 101®* and a registration form, please call Heather McNeil, 860-510-5042, hmcneil@town.old-saybrook.ct.us, or visit www.couragetospeak.org

The Program Covers:

- 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

www.couragetospeak.org * 1-203-831-9700