



# Courage to Speak - Courageous Parenting 101<sup>®</sup>

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

## Courage to Speak - Courageous Parenting 101<sup>®</sup>

And Our New Updated Course

## Courage to Speak<sup>®</sup> - "Parenting through the Opioid Crisis"

The Courage to Speak<sup>®</sup> Foundation, Inc. has developed two FREE programs for PARENTS that will provide tools to keep their children safe from drugs and other risky behaviors.

**Program Begins with - Courage to Speak<sup>®</sup> Presentation presented by Ginger Katz** *telling her powerful story of her son's losing battle with substance abuse, and two sessions:*

**Session I - Courageous Parenting 101 – Facilitator - Larry Katz - Co-founder Courage to Speak Foundation, BA Psychology, MS Nutrition** • Teen Drug Use Trends & Party Culture

- Psychological Consequences of Drug and Abuse and Addiction
- Dangers of Enabling & Submissive Parenting
- Practical Steps if you Suspect Drug/Alcohol Use

**Session II - The Opioid Crisis - Facilitator - Carlos Reinoso Jr. MSMOL, BHCC**

- Warning Signs and Symptoms of Drug Use
- Communication and Listening Strategies
- Addiction and its Physiological Consequence
- Abuse and Misuse of Over-the-Counter and Prescription Medications
- Latest Information about the Opioid Epidemic/Parent Resources

**\*A light dinner will be served at 5:30pm during both sessions. Child care will be available with reservation\***

**Date:** Tuesday, November 14<sup>th</sup> & Thursday, November 16<sup>th</sup> at 6:00pm

**Place:** West Rocks Middle School – 81 West Rocks Road, Norwalk, CT

**Register:** Call 203-831-9700 or e-mail: [gkatz@couragetospeak.org](mailto:gkatz@couragetospeak.org)

**REGISTER ONLINE:** <http://www.couragetospeak.org/WestRocksOnlineRegistration2017.aspx>

Courage to Speak<sup>®</sup> Foundation - [www.couragetospeak.org](http://www.couragetospeak.org)

**Opioid Support Access Line: 1-800-563-4086**

[www.ct.gov/dmhas/opioidresources](http://www.ct.gov/dmhas/opioidresources)