



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

**lysb** Lymes' Youth Service Bureau  
> EMPOWERING YOUTH FOR A BETTER FUTURE



# Courageous Parenting 101<sup>®</sup>

UNDERSTANDING SUBSTANCE ABUSE AND ITS IMPACT ON CHILDREN AND YOUTH

*Courage to Speak-Courageous Parenting 101<sup>®</sup>* is a free, **three-session** substance abuse education and prevention program developed by The Courage to Speak Foundation, Inc., a nonprofit 501(c)(3) to help parents like you understand substance abuse and its impact on children and youth. **The program will be taught by a trained Courage to Speak<sup>®</sup> facilitator certified by The Courage to Speak<sup>®</sup> Foundation, Inc.** and will cover a variety of materials, such as fundamentals of substance abuse prevention, drug trends in America, signs of drug use, communication skills, how to find out if your child is using drugs, what to do if your child is using drugs, how to access help, MTV, MySpace, Facebook, and other timely and relevant material. The course is offered at **Lyme-Old Lyme Middle School, 53 Lyme Street, Old Lyme CT and begins Wednesday, March 21 at 7:00 pm with session one. Sessions two and three will continue on Wednesday, March 28 and April 4.**

You will gain the tools and knowledge required to communicate more effectively with your children on substance abuse issues. It is expected that participating parents will demonstrate an active role in supporting children's decisions to not use tobacco, alcohol, and other drugs. You will also develop improved listening and communication skills, which have been shown to be a critical factor in the prevention of substance abuse by young people. *Courage to Speak-Courageous Parenting 101<sup>®</sup>* is open to parents in all communities **free of charge.**

## REGISTRATION

## FREE Course for Parents

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Number of Children \_\_\_\_\_ Ages of Children \_\_\_\_\_ School(s) Attending \_\_\_\_\_

How Did You Hear About This Course? \_\_\_\_\_

**YES** I/We will attend the *Courage to Speak -Courageous Parenting 101<sup>®</sup>* Session One on **Wednesday, March 21st, 2012 and continues on Wednesday, March 28<sup>th</sup> and April 4<sup>th</sup>.**

**NO** I/We cannot attend this program. Please add us to your mailing list for receipt of information and alerts on upcoming events and programs.

Please return your completed Registration Form to: **Lymes' Youth Service Bureau, PO Box 589, Old Lyme, CT 06371, or fax to: (860) 434-7208, or email [lymesyouthbureau@sbcglobal.net](mailto:lymesyouthbureau@sbcglobal.net)** or you may call us at 860-434-7208.



Community Action for  
Substance Free Youth

**substance free is where it's at**

**[www.couragetospeak.org](http://www.couragetospeak.org)**