

NEWS FROM....

The Courage to Speak® Foundation

FOR IMMEDIATE RELEASE

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CONTACT: Virginia "Ginger" Katz

PHONE: 1-203-831-9700

Courage to Speak - Courageous Parenting 101™

"Train the Trainer"

NEW Facilitators Training June 2, 2010

The Courage to Speak® Foundation will conduct a "Train the Trainer" program for new facilitators to teach *Courage to Speak - Courageous Parenting 101™*. The training will take place at *West Rocks Middle School, 81 West Rocks Road, Norwalk, CT on June 2, 2010 at 6 pm*. The Foundation will train social workers, teachers, prevention experts, law enforcement and other interested professionals who work with youth and families as facilitators to teach *Courage to Speak - Courageous Parenting 101™* to parents in their communities, schools, youth and civic organizations and other forums.

Courage to Speak - Courageous Parenting 101™ is a free four-session drug prevention course designed specifically for the *parents* of elementary, middle and high school students. It is a fact that our children will be offered alcohol, tobacco and other drugs, often many times, starting in middle school and continuing through high school. Research identifies parents as the greatest influence on their child's drug use behaviors and with the greatest opportunity to positively impact their child's ability to make healthy decisions.

In *Courage to Speak - Courageous Parenting 101™* parents will learn effective communication strategies; gain confidence to talk to their children about the dangers of drugs; understand how to set clear rules and boundaries with their children related to use of alcohol, tobacco and other drugs; and gain confidence in knowing how to deal with substance use among their children. Parents will also develop improved listening and communication skills, which have been shown to be a critical factor in prevention.

Offered to parents at no cost, *Courage to Speak- Courageous Parenting 101™* covers: teen drug use trends and party culture; communication and listening strategies; how to help your child handle stress; warning signs; practical steps if use or abuse is suspected; sources of help and more.

If you would like to become a facilitator to teach *Courage to Speak-Courageous Parenting 101™* to parents in your community, please call Ginger Katz at 1-203-831-9700 or email gkatz@couragetospeak.org and visit the website at www.couragetospeak.org to print an application.

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