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### [Parenting 101](#)

September 30, 2011 at 5:52 pm by Brittany Lyte

*Press release:*

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. What can you do about this? Learn about substance abuse and gain the knowledge and skills needed to keep your children safe.

A free parent education series, entitled *Courage to Speak-Courageous Parenting 101*<sup>®</sup> developed by the Courage to Speak<sup>®</sup> Foundation will be offered in **English and Spanish** at West Rocks Middle School, 81 West Rocks Road, Norwalk, CT. The kick-off to this three-session course will be presented by nationally renowned speaker Ginger Katz, CEO and founder of the Foundation and author of *Sunny's Story*, at 6:30 pm on Thursday, October 20, 2011. The Courage to Speak<sup>®</sup> Presentation empowers students, parents and educators to break the silence surrounding drug use and find healthy solutions.

Session one of the *Courage to Speak-Courageous Parenting 101*<sup>®</sup> will follow the Presentation and sessions two and three will continue Thursday, October 27<sup>th</sup> and November 3<sup>rd</sup> at 6:30 pm. A light meal will be served. The course **will be taught in English** by Dawn Roy, MSW **and in Spanish** by Mille Seguinot, Community Health Educator. 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.

The course covers: teen drug use trends and party culture; guidance to help reduce the risk of substance use; how to help your child handle stress; warning signs; what to do if use or abuse is suspected and much more. Parents will also develop improved listening and communication skills, which have been shown to be a critical factor in prevention.

Childcare is available with advance notice. For additional information contact: Ginger Katz (203) 247-3975 email [gkatz@couragetospeak.org](mailto:gkatz@couragetospeak.org) and visit [www.couragetospeak.org](http://www.couragetospeak.org).

**English:** <http://www.formstack.com/landing/WebRegister-WestRocks>

**Spanish:** <http://www.formstack.com/landing/WebRegister-Matricula>