



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



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

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

The Courage to Speak<sup>®</sup> Foundation, Inc. has developed a program for parents called **Courage to Speak<sup>®</sup> - Courageous Parenting 101<sup>®</sup>**. The program is a **free three-session drug prevention education program for parents** from all communities with children in Elementary, Middle and High School wishing to arm themselves with the knowledge of how to keep their children safe.

As a prelude to the course, Ginger Katz, CEO and Founder of the Courage to Speak<sup>®</sup> Foundation will deliver the *Courage to Speak<sup>®</sup> Presentation* on **Thursday, October 20, 2011 at 6:30 pm**, followed by session one. Session two will follow on **Thursday, October 27<sup>th</sup> at 6:30 pm** and session three will take place on **Thursday, November 3<sup>rd</sup> at 6:30 pm** (a light dinner fare will be served). **Child care will be available. This course will be presented in both English and Spanish.**

*Courage to Speak - Courageous Parenting 101<sup>®</sup>* will cover:

- **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**

*"Through such education", says Ginger Katz, "the lines of communication open so parents can understand what their children face, set appropriate expectations, guide their emotional development, and provide moral support."*

Classes will be led by trained facilitators at the **West Rocks Middle School, 81 West Rocks Rd., Norwalk, CT**. Everyone attending this program, which is for Parents-Only must complete the registration form. The course will be offered Thursday, October 20<sup>th</sup> & 27<sup>th</sup> and November 3<sup>rd</sup> at 6:30 pm. Forms can be obtained at the website: [www.couragetospeak.org](http://www.couragetospeak.org) or please call Kate Pigue at 203-891-9700 or e-mail at [kpigue@couragetospeak.org](mailto:kpigue@couragetospeak.org).

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