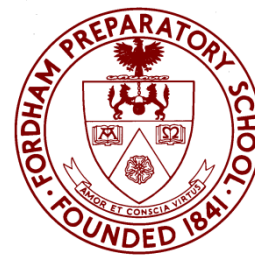




Courage to Speak Foundation
Saving Lives by Empowering Youth to be Drug Free



Courageous Parenting 101[®]

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

The Courage to Speak[®] Foundation, Inc. has developed a new program for parents called ***Courage to Speak[®]-Courageous Parenting 101[™]***. The program is a **free five-session drug prevention education program for parents** wishing to arm themselves with the knowledge of how to keep their children safe.

The course begins Tuesday, **January 19, 2010 at 7:00 pm**. *Courage to Speak[®]-Courageous Parenting 101[™]* continues every consecutive **Tuesday, January 26, February 2, 9, and 23, 2010 from 7:00 - 9:00 pm**. Please note that there will be no course on Tuesday February 16 due to Winter Recess.

The course covers:

- **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 **Fordham Preparatory School, East Fordham Road, Bronx, NY**. Everyone attending this program must complete the registration form. Forms can be obtained at the website: **www.couragetospeak.org**. The program will begin promptly at 7:00pm and ends at 9:00pm. *The course is for parents only.* **Questions: contact Lynne N. Scheurer, M.S., M.A., School Counselor at: 718-367-7500 ext 243.**

www.couragetospeak.org • 1-877-431-3295