



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 four-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.

The course begins Thursday, **January 28, 2010** with the Courage to Speak[®] Presentation presented by Ginger Katz, CEO and Founder of the Courage to Speak[®] Foundation at **7:00 pm** and *Courage to Speak-Courageous Parenting 101[™]* continues every consecutive **Thursday, February 4, 11, 18, and 25** from **6:30-8:30 pm**.

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 **The Guilford Free Library, 67 Park Street, Guilford, CT 06437**. Everyone attending this program must complete the registration form. Forms can be obtained at the website: **www.couragetospeak.org**. The program will begin at 6:30pm and end at 8:30pm. *The course is for parents only. Questions: call Sharon Ritchie with Guilford Youth and Family Services at 203-453-8047.*

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