



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



Courageous Parenting 101[®]

UNDERSTANDING SUBSTANCE ABUSE AND ITS IMPACT ON CHILDREN AND YOUTH

Courage to Speak-Courageous Parenting 101™ is a free, four-session drug prevention education program developed by The Courage to Speak® Foundation, Inc., a nonprofit 501(c)(3) to help parents like you understand drug abuse and its impact on children and youth. The program will be offered by a facilitator certified by The Courage to Speak® Foundation, Inc. and will cover a variety of materials, such as fundamentals of drug abuse prevention, drug trends in America, signs of drug use, communication skills, how to find out if your child is using drugs, what to do if your child is using drugs, how to access help, MTV, MySpace, FaceBook, and other timely and relevant material. The course is offered at **Guilford Free Library, 67 Park Street, Guilford, CT 06437**, and begins **Thursday, January 28, 2010 @ 7:00 pm** with the *Courage to Speak® Presentation* presented by Ginger Katz, CEO and Founder of The Courage to Speak® Foundation and *Courage to Speak-Courageous Parenting 101™* continues every consecutive **Thursday, February 4, 11, 18, and 25, 2010 from 6:30 pm to 8:30 pm**.

You will gain the tools and knowledge required to communicate more effectively with your children on drug abuse issues. It is expected that participating parents will demonstrate an active role in supporting children's decisions to not use tobacco, alcohol, and other drugs. You will also develop improved listening and communication skills, which have been shown to be a critical factor in the prevention of drug abuse by young people. *Courage to Speak-Courageous Parenting 101™* is open to parents in all communities with children in Elementary, Middle and High School **free of charge**.

REGISTRATION

FREE Course for Parents

Name _____ Date of Birth _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

Number of Children _____ Ages of Children _____ School(s) Attending _____

How Did You Hear About This Course? _____

YES I/We will attend the Courage to Speak® Presentation on January 28, 2010. *Courage to Speak-Courageous Parenting 101™* continues every consecutive Thursday, February 4, 11, 18, and 25, 2010. The parenting class begins at 6:30 pm sharp. Please arrive at 6:15 pm to sign in.

NO I/We cannot attend this program. Please add us to your mailing list for receipt of information and alerts on upcoming events and programs. Please return your completed Registration Form to: Sharon Ritchie at Guilford Youth and Family Services, 36 Graves Avenue, Guilford, CT 06437. **Questions: call Sharon Ritchie with Guilford Youth and Family Services at 203-453-8047.**

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