



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

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

The Courage to Speak<sup>®</sup> Foundation, Inc. has developed a new program for parents called ***Courage to Speak<sup>®</sup> Courageous Parenting 101<sup>™</sup>***. 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 **Thursday, March 4, 2010 at 7:00 pm** with The *Courage to Speak Presentation* presented by Ginger Katz, CEO and Founder of the Courage To Speak Foundation at Milford Hospital, 300 Seaside Avenue, Milford, CT 06460.

Two options of *Courage to Speak<sup>®</sup>-Courageous Parenting 101<sup>™</sup>* will be offered for your convenience: **OPTION I:** Mondays—March 8, 15, 22, 29, and April 5, 2010 offered at BRIDGES, 949 Bridgeport Avenue, Milford, CT 06460 and **OPTION II:** Mondays, March 8, 15, 22, 29, and April 5, 2010 offered at East Shore Middle School, 240 Chapel Street, Milford, CT 06460. *Courage to Speak<sup>®</sup>-Courageous Parenting 101<sup>™</sup>* courses begin at 6:00pm and end at 7:30pm.

*Courage to Speak<sup>®</sup>-Courageous Parenting 101<sup>™</sup>* 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. Everyone attending this program must complete the registration form. Forms can be obtained at the website: **[www.couragetospeak.org](http://www.couragetospeak.org)**. The program will begin promptly at 6:00 pm and ends at 7:30 pm. *The course is for Parents Only.* For additional information and to RSVP, **contact Pam Staneski at: 203-874-6791.**

**[www.couragetospeak.org](http://www.couragetospeak.org) • 1-877-431-3295**