



Courage to Speak Foundation Inc.<sup>®</sup>  
Saving Lives by Empowering Youth to be Drug Free

WATERBURY  
*Youth*  
Service System Inc.



# 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@-Courageous Parenting 101<sup>™</sup>*. The program is a **free five-session drug abuse prevention and 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 **Monday January 25, 2010 at 6:30 pm** with *The Courage to Speak Presentation* presented by Ginger Katz, CEO and Founder and first session. Course continues every **Monday, February 1, 8, 22, and March 1, 2010 from 6:30-8:00 pm**. Note: no February 15 course due to School Holiday.

*Courage to Speak@-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, at **John F. Kennedy High School, 422 Highland Avenue, Waterbury, CT 06708**. 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 at 6:30pm and end at 8:00pm except for the January 25<sup>th</sup> class which will end at 8:30pm. **For more information contact: Caryn Olcik at Waterbury Youth Service System, Inc. at 203-573-0264.** *The course is for parents and primary caregivers only.*

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