



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

**WATERBURY**  
**Youth**  
Service System Inc.



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

**UNDERSTANDING SUBSTANCE ABUSE AND ITS IMPACT ON CHILDREN AND YOUTH**

*Courage to Speak@-Courageous Parenting 101<sup>™</sup>* is a free, five-session drug abuse 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 **John F. Kennedy High School, 422 Highland Avenue, Waterbury, CT 06708** and begins **Monday January 25, 2010 @ 6:30 pm** with the *Courage to Speak Presentation* presented by Ginger Katz CEO and Founder of The Courage to Speak Foundation and first session. The course continues every **Monday, February 1, 9, 22, and March 1, 2010 from 6:30 pm to 8:00 pm**. Note: no February 15 course due to School Holiday.

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<sup>™</sup>* 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 Monday January 25, 2010 and *Courage to Speak@-Courageous Parenting 101<sup>™</sup>* every Monday, February 1, 9, 22, and March 1, 2010. **The presentation and 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: **Caryn Olcik at Waterbury Youth Service System Inc., 95 North Main Street, Waterbury, CT 06702. For more information call 203-573-0264.**

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