



Courageous Parenting 101

UNDERSTANDING SUBSTANCE ABUSE AND ITS IMPACT ON CHILDREN AND YOUTH

Courageous Parenting 101 is a five-session substance abuse education and prevention program designed by The Courage to Speak Foundation to help parents like you understand substance abuse and its impact on children and youth. The program will be offered by a facilitator certified by The Courage to Speak Foundation and will cover a variety of material, such as: fundamentals of substance 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 you child is using drugs, how to access help, MTV, MySpace, FaceBook, and other timely and relevant material. It is suggested that parents attend the Courage to Speak presentation and introduction Wednesday, October 15, 2008 and the sessions will

continue every consecutive Monday - October 20, 27, November 3, 10, 17, 2008 from 6:30 pm to 8:30 pm.

You will gain the tools and knowledge required to communicate more effectively with your children on substance 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 substance abuse by young people. The program is free to all parents. Courageous Parenting will be open to parents throughout all the community free of charge.

Sponsors include: The United Way of Norwalk and Wilton, Cablevision of CT, General Electric

REGISTRATION **FREE Course for Parents**

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

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

- YES** I/We will attend the Courage to Speak Presentation and introduction on October 15, 2008, and Courageous Parenting 101 at West Rock School, 81 West Rocks Road, Norwalk, CT on October 20, 27, November 3, 10 and 17, 2008. 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: Courage to Speak Foundation, PO Box 1527, Norwalk, CT 06852