



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



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

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

Courageous Parenting 101 is a free, four-session substance abuse education and prevention program developed by The Courage to Speak Foundation, Inc., a nonprofit 501(c)(3) 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, Inc. and will cover a variety of materials, 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 your child is using drugs, how to access help, MTV, MySpace, FaceBook, and other timely and relevant material. The course is at **Norwalk Community College**, 188 Richards Ave, Norwalk, CT and begins Wednesday, February 4, 2009 and will continue every consecutive Wednesday, February 11, 18 and 25, 2009 from 7pm to 9 pm. The February 4th session will include the Courage to Speak Presentation and will be extended from 7pm to 9:30pm.

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. Courageous Parenting 101 is open to parents in all communities 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 and Courageous Parenting 101 on Wednesday, February 4, 2009, and each consecutive Wednesday, February 11, 18 and 25, 2009. The parenting class begins at 7 pm sharp. Please arrive at 6:45 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, Inc, PO Box 1527, Norwalk, CT 06852.

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