



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



Courageous Parenting 101[®]

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

The Courage to Speak[®] Foundation, Inc. has developed a new program for parents called ***Courage to Speak - Courageous Parenting 101[®]***. The program is a **free four-session drug prevention 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.

Sponsored by the East Windsor Wellness Coalition, the first session will take place on **Thursday, March 17th at East Windsor Middle School, 38 Main St, Broad Brook, CT at 6:00 pm**. Sessions two, three and four will follow on **Thursday, March 24th, 31st, and April 7th at 6:00 pm**.

Courage to Speak - Courageous Parenting 101[®] will cover:

- **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 a trained facilitator at East Windsor Middle School, 38 Main St, Broad Brook, CT at 6:00 pm. Everyone attending this program, which is for Parents-Only, must complete the registration form. The course will be offered Thursday, March 17th, 24th, 31st and April 7th. Forms can be obtained at the website: www.couragetospeak.org or please call JoAnn Burnham at 860-995-5827 or email jkucejko@cox.net.

www.couragetospeak.org