



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



FONTBONNE
ACADEMY



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 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.

The course will be held Monday, June 27, 2011 from 6-9 p.m. at Fontbonne Academy, 930 Brook Road, Milton.

Courage to Speak[®] - Courageous Parenting 101[®] 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."

The class will be led by a trained facilitator at Fontbonne Academy. Everyone attending this program must complete the registration form. Forms can be obtained at the website: www.couragetospeak.org or please call Anne Comber or email acomber@fontbonneacademy.org. The program will begin at 6:00pm and end at 9:00pm. Light refreshments will be served. *The course is for parents only.*

www.couragetospeak.org