



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 Guilford Youth and Family Services in collaboration with Guilford High School PTO Connections and Adams Middle School, the first session will take place on **Thursday, April 28th at 6:30 pm**. Sessions two, three and four will follow on **Thursday, May 5th, 12th, and 19th at 6:30 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 **Guilford High School, 605 New England Road, Guilford CT**. Every one attending this program, which is for Parents-Only must complete the registration form. The course will be offered Thursday, April 28th and May 5th, 12th, and 19th at 6:30 pm. For more information about *Courage to Speak - Courageous Parenting 101[®]* and a registration form, please call Karolin Regan with Guilford Youth and Family Services, 203-453-8047 or email regank@ci.guilford.ct.us.