



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.

As a prelude to the course, which is sponsored by Guilford Youth and Family Services, Ginger Katz, CEO and Founder of the Courage to Speak[®] Foundation will deliver the *Courage to Speak[®] Presentation* on **Thursday, November 3, 2011 at 6:30 pm**. Session one will follow on **Tuesday, November 7th at 6:30 pm**, session two will take place on **Thursday, November 10th at 6:30 pm**, session three will take place on **Tuesday, November 14th at 6:30 pm** and session four will take place on **Thursday, November 17th 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 Free Library, 67 Park Street, Guilford, CT**. Every one attending this program, which is for Parents-Only must complete the registration form. *The Courage to Speak[®] Presentation* will take place on November 3rd at 6:30 and the course will be offered November 7th, 10th, 14th and 17th 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.