



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

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

The Courage to Speak<sup>®</sup> Foundation, Inc. has developed a new program for parents called ***Courage to Speak - Courageous Parenting 101<sup>®</sup>***. 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 Regional School District 17 and Youth and Family Services of Haddam-Killingworth, the first session will take place on **Wednesday, October 12, 2011 from 7-8:30 p.m.** Sessions two, three and four will follow on **Wednesday, October 19, 26, and November 2 from 7-8:30 p.m.**

*Courage to Speak - Courageous Parenting 101<sup>®</sup>* 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 trained facilitators at **Haddam Killingworth Middle School, 451 Route 81, Killingworth, CT 06419**. Every one attending this program, which is for Parents-Only must complete the registration form. The course will be offered **Wednesday, October 12, 19, and 26, and November 2, 2011 at 7:00 p.m.** For more information about *Courage to Speak - Courageous Parenting 101<sup>®</sup>* and a registration form, please call Liz Young at Haddam Killingworth Middle School at 860-663-1797 or email at [younge55@rsd17.org](mailto:younge55@rsd17.org)