



Courageous Parenting 101

UNDERSTANDING SUBSTANCE ABUSE AND ITS IMPACT ON CHILDREN AND YOUTH

Courageous Parenting 101 is a five-session substance abuse education and prevention program designed by The Courage to Speak Foundation to help parents like you understand substance abuse and its impact on children and youth. The program will be offered by a facilitator certified by The Courage to Speak Foundation and will cover a variety of material, such as: fundamentals of substance abuse prevention, drug trends in America, signs of drug use, communication skills, how to find out if your child is using drugs, what to do if your child is using drugs, how to access help, MTV, MySpace, FaceBook, and other timely and relevant material. It is suggested that parents attend the Courage to Speak presentation and introduction Tuesday, October 14, 2008 and the sessions will continue on October 21, 28 and November 5 from 7 pm to 8:30 pm. For more information call Joyce Evans at 254-0466 or email joyceaevans@gmail.com.

You will gain the tools and knowledge required to communicate more effectively with your children on substance abuse issues. It is expected that participating parents will demonstrate an active role in supporting children's decisions to not use tobacco, alcohol, and other drugs. You will also develop improved listening and communication skills, which have been shown to be a critical factor in the prevention of substance abuse by young people. The program is free to all parents. Courageous Parenting will be open to parents throughout all the community free of charge.

REGISTRATION FREE Course for Parents

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

Number of Children ____ Ages of Children _____ School(s) Attending _____

YES I/We will attend the Courageous Parenting 101 Program on October 14, 21, 28 and November 5, 2008 at Staples High School, 70 North Avenue, Westport, CT. The parenting class begins at 7:00 pm sharp. Please arrive at 6:45 pm to sign in.

NO I/We cannot attend this program. Please add us to your mailing list for receipt of information and alerts on upcoming events and programs.

Please return your completed Registration Form to: Joyce Evans, 11 Westfair Drive, Westport, CT 06880.