



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

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

A **FREE 4-session** substance abuse education and prevention program for parents wishing to arm themselves with the knowledge of how to keep their children safe.

The McCall Foundation is sponsoring *Courage to Speak- Courageous Parenting 101<sup>®</sup>* at **Lewis Mills High School**.

The first session will take place on **Thursday, November 3, 2011 at 6:00 pm**. Sessions two, three and four will follow on **Thursday, November 10<sup>th</sup>, 17<sup>th</sup> and December 1<sup>st</sup> at 6:00 pm**.

*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 facilitator Kevin Pettit, Prevention Program Supervisor at the McCall Foundation at **Lewis Mills High School, 26 Lyon Rd. Burlington, CT**. Every one attending this program, which is for **Parents-Only** must complete the registration form. The course will be offered **Thursday, November 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and December 1<sup>st</sup> at 6:00 pm**. For more information about *Courage to Speak - Courageous Parenting 101<sup>®</sup>* and a registration form, please call Kevin Pettit (860) 496-2139 or email [kp.mccall@snet.net](mailto:kp.mccall@snet.net).