



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 understand substance abuse and its impact on children and youth. The program will be facilitated by Michele Devine, Director of SERAC and Susan Radway, Director of Waterford Youth Services, who are both certified by The Courage to Speak Foundation. The course covers 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 on Tuesday, October 14, 2008. Courageous Parenting Workshops will begin Wednesday, October 22, 2008 and the session will continue every consecutive Wednesday- October 29, November 5, 12 and 19, 2008 at 6:30-8:30pm at the SERAC offices located at 620 RT 32, Uncasville, CT

REGISTRATION **FREE Course for Parents**

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ E-Mail _____
Number of Children ____ Ages of Children _____ School(s) Attending _____

Parents will gain the tools and knowledge required to communicate more effectively with their child(ren) regarding substance abuse issues. The program is free to all parents. Courageous Parenting is open to parents throughout the region free of charge.

YES I/We will attend the Courage to Speak Presentation and introduction on October 15, 2008, and Courageous Parenting 101 at SERAC: 620 RT 32, Uncasville, CT 06382 on October 22, 29, November 5, 12 and 19 2008. The parenting class begins at 6:30 pm sharp. Please arrive at 6:15 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: Southeastern Regional Action Council, 620 Norwich/NL TPKE, Uncasville, CT 06382