

Courage to Speak - Courageous Parenting 101[®] course to be offered beginning Tuesday

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A free parent education series, entitled Courage to Speak-Courageous Parenting 101[®] developed by the Courage to Speak Foundation will be offered by The McCall Foundation. The kick-off to this four-session course will be presented by nationally renowned speaker Ginger Katz, CEO and founder of the Foundation and author of Sunny's Story, at 6:30 pm, Tuesday January 25th, Torrington High School, Torrington, CT and sponsored by the McCall Foundation and the CT Department of Mental Health and Addiction Services. Her Courage to Speak Presentation empowers students, parents and educators to break the silence surrounding drug use and find healthy solutions.

The Courage to Speak-Courageous Parenting 101[®] series will be held, free of charge by McCall Foundation staff, on Tuesday evenings, Jan. 25 and Feb. 1, 8 and 15 at Torrington High School at 6:30 p.m. Parents will learn effective communication strategies; gain confidence to talk to their children about the dangers of drugs; understand how to set clear rules and boundaries with their children related to use of alcohol, tobacco and other drugs; and gain confidence in knowing how to deal with substance use among their children.

The course covers: teen drug use trends and party culture; guidance to help reduce the risk of substance use; how to help your child handle stress; warning signs; what to do if use or abuse is suspected and much more. Parents will also develop improved listening and communication skills, which have been shown to be a critical factor in prevention.

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