



Courage to Speak Foundation
Saving Lives by Empowering Youth to be Drug Free



Courageous Parenting 101[®]

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

The Courage to Speak[®] Foundation, Inc. has developed a new program for parents called ***Courage to Speak[®] - Courageous Parenting 101[®]***. The program is a **free two-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.

As a prelude to the course, Ginger Katz, CEO and Founder of the Courage to Speak[®] Foundation will deliver her Courage to Speak[®] presentation on **Wednesday, February 9th at 7:00 pm**, followed by session one. Session two will follow on **Wednesday, February 16th at 7:00 pm**. **This course will be presented in Spanish.**

All are welcome to attend this presentation.

Courage to Speak[®] - Courageous Parenting 101[®] 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 the **West Rocks Middle School, 80 West Rocks Road, Norwalk CT**. Everyone attending this program, which is for Parents-Only must complete the registration form. The course will be offered Wednesday, February 9th and 16th at 7:00 pm. Forms can be obtained at the website: www.couragetospeak.org or please call Carol Troy at 203-891-9700.

www.couragetospeak.org