



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



Courageous Parenting 101[®]

UNDERSTANDING SUBSTANCE ABUSE AND ITS IMPACT ON CHILDREN AND YOUTH

Courage to Speak- Courageous Parenting 101[®] is a free 3-session course developed by the Courage to Speak[®] Foundation with experts in parent programming and drug prevention to help parents like you understand substance abuse and its impact on children and youth. **The program will be taught in English and Spanish by trained Courage to Speak[®] facilitators certified by The Courage to Speak[®] Foundation, Inc.** and will cover a variety of materials, 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. The course is offered at **West Rocks Middle School, 81 West Rocks Road, Norwalk CT** and begins **Thursday, October 20, 2011 at 6:30 pm with Session One** and will include the **Courage to Speak Presentation by Ginger Katz. Session Two will continue on Thursday, October 27th at 6:30 pm and Session Three will be held on November 3rd at 6:30 pm.** If you need childcare, please let us know by calling (203) 831-9700.

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. *Courage to Speak-Courageous Parenting 101[®]* is open to parents in all communities with children in Elementary, Middle and High School **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 _____

How Did You Hear About This Course? _____

- YES** I/We will attend the *Courage to Speak -Courageous Parenting 101[®]* Session One on October 20, 2011 and continues on October 27, 2011 and November 3, 2011.
- YES** I/We will need child care during *Courage to Speak -Courageous Parenting 101[®]*.
- 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: The Courage to Speak Foundation, 161 East Avenue, Suite 14, Norwalk, CT 06851. Attn: Kate Pigue or **fax to: (203) 831-9800**

www.couragetospeak.org * 1-203-831-9700